



# THE PORTUGAL News

Portugal's **National** Newspaper in English

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## Pilots call off strike

Industrial action called by pilots employed by national flag carrier TAP Air Portugal wreaked havoc at the nation's airports as a number of flights were cancelled, but further action has been called off. (See Page 3)

## Mother gets seven years for killing baby

A 25-year-old mother has been sentenced to seven years in prison after being found guilty of repeatedly kicking her two-year-daughter, causing irreversible damage and her subsequent death. (See Page 2)

## Kate breaks down as police prepare UK visit

The mother of missing toddler Madeleine McCann this week gave her most emotional interview to date when she broke down in tears during an interview with a Spanish television broadcaster. (See Page 64)

## Pylon protestors on hunger strike

Last week the residents of Vale Fuzeiros, Silves, who for the past five months have been relentlessly campaigning to deter a series of high-tension pylons from passing through their village, have gone on hunger strike despite news that the route is to change. (See Page 5)

## Don't forget to remember

With the arrival of autumn, readers will need to turn back their clocks at 2 am on Sunday morning, gaining an extra hour's sleep in the process.

## Weekend weather

**Lisbon:** Saturday: Sunny, high of 27°  
Sunday: Sunny, high of 25°  
**Faro:** Saturday: Sunny, high of 23°  
Sunday: Sunny, high of 23°  
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Sunday: Partly Cloudy, high of 23°

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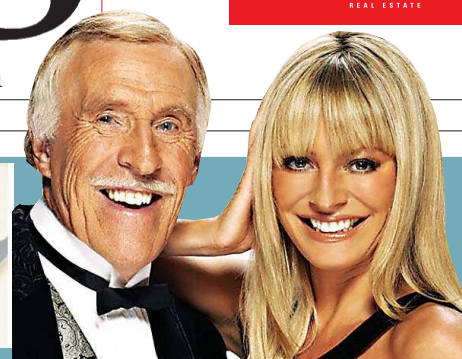
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see  
page 21

**Clocks go  
back one  
hour  
at 2am  
Sunday**



## EasyJet further strengthens its position at Faro after buying a BA franchise airline

# EASYJET TAKES OVER BA's FARO ROUTE

After more than 40 years of flying to Faro, British flag carrying flights to Faro have been halted, at least for the foreseeable future, with news on Thursday morning that the GB Airways franchise had been terminated and the airline bought by easyJet in a multi-million euro deal. Sources at British Airways told The Portugal News that BA had for some time been looking to cancel the franchise deal and had turned down the opportunity to keep the red, white and blue tailed planes from becoming bright orange. The takeover deal will see easyJet further boost its already dominant position at Faro airport, which annually receives more than five million passengers. The increased dominance of this airline at Faro has also fuelled speculation that easyJet are set to make the airport one of its 'mini European headquarters' as is the case with a handful of other European destinations.

EasyJet, see p. 3

## Tourists die tragically whilst trying to rescue children



Tourist children playing on the Tonel beach, Sagres the day after a German and three British tourists died while rescuing their children who were in danger of drowning. The British siblings and the German girl, who were between eight and 10 years old, had been swept away by a current whilst swimming off the ungarded beach on Monday. (Photo: The Portugal News/ Paul Allen-Luckman) Story, see p. 3



# Mother gets seven years for kicking daughter to death



The woman accused of killing her two year old daughter leaves the Monção Courthouse on Wednesday having been sentenced to seven years in prison. (Photo: Lusa / Fernando Martins)



A 25-year-old mother has been sentenced to seven years in prison after being found guilty of repeatedly kicking her two-year-old daughter, causing irreversible damage and her subsequent death.

Despite the public prosecutor recognising the mother did not intend to kill her daughter, he initially asked for a 16 year prison sentence, saying she was conscious of her actions when kicking her daughter on two separate occasions, once in the abdomen. He also took into account the family's degraded situation, the mother's immaturity, and her husband's absence, due to his job.

However, the mother's defence lawyer, Mota Vieira, considered "any sentence over five years to be an exaggeration", and said he will be appealing.

He said it had not been proven that his client kicked her daughter twice, and that the wounds found on the victim's body could have been from one single blow.

Two year old Sara died on December 27<sup>th</sup>, 2006, in Mazedo, Monção, allegedly the victim of

a hefty kick to the liver, by her mother after the toddler spilled milk on her clothes whilst drinking from a baby bottle.

During the trial the accused confessed to kicking her daughter, but said she intended to kick her bottom with her toes, but she suddenly turned round.

She had initially said that the injuries were due to the child falling down a flight of stairs in the building where they lived.

## Drug experts debate rising cocaine use, addiction treatment



Increasing cocaine use in Europe and treatment of addiction for this drug were the central themes of a meeting Wednesday of national drugs coordinators from the EU's 27 member states.

Ahead of the one-day gathering in Lisbon of EU drug addiction specialists, the head of Portugal's Institute for Drugs and Drug Addiction (IDT), João Goulão, told the *Lusa News Agency* that cocaine use is a problem across Europe, particularly in states like Por-

tugal and Spain, where the drug is "gaining ground."

The Lisbon conference, organised by the IDT - part of the Portuguese Health Ministry, offered a chance for national coordinators to identify "good practices and leading-edge experiences and incorporate them in each of our

countries," said Mr Goulão.

As well as rising cocaine use in Europe, the Lisbon meeting also evaluated the EU's drugs action plan for 2005-2008, as well as progress in achieving goals defined in a 10-year United Nations drugs initiative launched in 1998, added Mr Goulão.

# Portugal doing all to make EU-Russia summit "productive", says Kremlin

The Kremlin hopes that this Friday's EU-Russia summit near Lisbon will produce "constructive dialogue" between the two parties and considers that Portugal's EU presidency is "doing everything" to ensure this happens, an aide to Russian President Vladimir Putin said earlier this week.

"We expect a constructive dialogue. Portugal is doing everything possible for relations to develop in a constructive manner," Sergei Yastrjembki, adviser to President Putin on EU affairs, told *Lusa*.

Mr Yastrjembki said Moscow's leadership is concerned at

the lack of progress in beginning talks on a new basic accord between Russia and the EU.

"This problem worries us as much as the Europeans. It's known what the problem is: the veto that Poland's previous government imposed on the European Commission's mandate

to begin negotiations with Russia."

"We have not changed our position and consider that what we are dealing with is a completely exaggerated and unnecessary politicization of a technical problem that existed and exists in relations between Russia and Poland."

The gravity of Russia and Poland's dispute was downplayed by Mr Putin's adviser, who conceded: "What we are dealing with is meat."

Russia imposed a ban on imports of Polish meat in 2005, accusing Warsaw of "flagrant" hygiene violations and "falsification" of meat exports.

The senior Kremlin official said he remained confident that the current cooperation accord between Russia and the EU would be automatically renewed to prevent any "legal vacuum" in Moscow's relations with the 27.

But he blamed Brussels for delays in starting talks on a new EU strategic partnership with Russia, negotiations that Moscow is eager to enter.

"Europeans themselves must reach an agreement ... in their own home. When they are ready and have a mandate we'll be ready to start these negotiations immediately." *TPN/Lusa*

## One child killed and four others injured in car crash

A three-year-old boy was killed and four others seriously injured when a nine-seater people carrier with one adult and seven children on board crashed in undisclosed circumstances.

According to police sources, the accident took place by the Alcochete Campo de Tiro and it is thought that the party were on their way from Albufeira (Algarve) to the Infantado.

It has also been confirmed that all passengers were of Moroccan origin, though were naturalised British.

Whilst the three year old's body was taken to the Vila Franca de Xira hospital to be autopsied, the remaining victims, aged between three and nine, were taken to the Hospital de Santa Maria, in Lisbon. They are now all said to be in a stable condition.

It took 23 firemen and 10 vehicles to deal with the wreckage, which caused a two-hour road blockage.

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**Publisher:** Paul Luckman publisher@the-news.net  
**Editor:** Brendan de Beer newsdesk@the-news.net  
**Production Drctr:** Madeline Luckman copy@the-news.net  
**Algarve News:** Carrie-Marie Bratley  
**Events:** Raquel Salbany  
**Preview:** Nikki Hall  
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**Area Managers:**  
**Bella Talhadas** 914 393 736 (Lisbon, Estoril, Cascais, Sintra)  
**Debbie Santos** 914 863 599 (Vilamoura, Boliqueime, Quarteira, Albufeira, Algoz, Almancil, Quinta do Lago, Vale do Lobo, Loulé)  
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# Pilots call off strike



Passengers wait to be attended to at the TAP desk at Lisbon airport. They were hoping to change their tickets after flights were cancelled due to a pilot strike. (Photo: Lusa / Paulo Carrico)



Industrial action called by pilots employed by national flag carrier TAP Air Portugal wreaked havoc at the nation's airports as a number of flights were cancelled. The action staged on Tuesday was to have continued on Thursday and Saturday and through into November, but further strikes were called off after a deal was brokered late Wednesday evening by the airline and union representatives.

On Tuesday alone, a strike by Portuguese civil aviation pilots caused the cancellation of 65 flights by TAP Air Portugal, the country's biggest airline, company sources were reported as saying by the *Lusa News Agency*.

Lisbon airport was the worst hit in the protest called by the Civil Aviation Pilots' Union over government plans to up the retirement age for pilots to 65 from 60 and cut pensions.

Around ten scheduled TAP flights from Oporto were also

cancelled in the stoppage that began early morning and was scheduled to end at 17:00 local time. Before reaching an agreement, unions had threatened that TAP's 500-odd pilots would stage a further strike on Thursday and had another planned for this Saturday that would have run from 4am to 5pm. The first day of industrial action is so far said to have cost the company six million euros and is threatening what appeared to be a profit-making year.

## easyJet, from p.1.

In a statement released on Thursday, British Airways announced it will end its franchise agreement with GB Airways from March 2008 following an announcement by easyJet that it has made an offer of around £100 million to acquire the franchise airline's entire issued share capital.

GB Airways is primarily a Gatwick-based airline and operates destinations across Southern Europe and North Africa under a franchise agreement with British Airways.

The deal will see easyJet increase its fleet by 15 to 122.

Andy Harrison, Chief Executive of easyJet, said in a statement published on Thursday: "This is an acquisition which both strengthens our customer offering at London Gatwick and allows us to fully capitalise on the potential of the airport through a larger number of slots."

Flights to all GB Airways destinations will continue to operate normally with the full British Airways service up to and including 29 March 2008. Customers booked to travel up to and including this date will not be affected, the airlines said in separate statements.

Customers holding a booking on a GB Airways flight after 30 March 2008 will be re-booked onto easyJet flights. Alterna-

tively, they can obtain a refund.

GB Airways also has announced it will no longer operate flights from London Heathrow after 30 March 2008. Kevin Hatton, Chief Executive of GB Airways, said: "The sale agreement brings to an end a period of uncertainty about the future direction of our company. We will fulfil our outstanding obligation as a franchise partner to British Airways and then look forward to a smooth operational merger with easyJet."

Willie Walsh, BA chief executive, said the company's franchise system had outlived its purpose, but it was looking to re-initiate routes operated under the franchise including the Heathrow and Gatwick routes to Faro.

Mr Walsh said: "UK franchises have outlived their purpose. easyJet has made an offer to buy GB Airways and this has enabled us to end the franchise agreement early. We had an option to buy GB Airways, but we rejected it."

Once easyJet's purchase of GB Airways is complete, flights after 30 March 2008 will be operated under the easyJet brand.

Flights operated by GB Airways under the British Airways franchise agreement up to and including 29 March 2008 continue to be available for sale.

# Tourists die tragically whilst trying to rescue children



Four foreign citizens, three Britons and a German, tragically drowned on Monday afternoon as they attempted to rescue their children, who had been swept out to sea at Tonel beach, in the Algarve. The four children, orphaned by this tragedy, had been caught up in treacherous currents whilst swimming in the sea. Their parents died trying to save them.

Reports have since revealed how three British families and one German family had been making the most of the pleasant weather with a day on the South-western beach.

The children had run into the water and subsequently found themselves being swept away by the perilous currents.

Hearing their cries for help, a number of fellow bathers rushed in to the sea in a bid to save them, a selfless act that would eventually cost four people's lives, when they too were caught up in the currents.

The children were later swept back to the beach with only minor injuries. Relatives have since flown to Portugal from the UK, and they are continuing to receive psychological counselling.

Two of the children have been orphaned, having lost both par-

ents, whilst another two have lost their mother. This was confirmed by the UK foreign office.

Three other adults required hospital treatment.

Notorious for its strong waves even during calm seasons, Tonel beach is very popular amongst surfers, though is recognised as one of the most dangerous beaches in the area.

At the time of the incident the beach was unsupervised, due to the end of summer season, this being announced on signs at the beach's entrance.

Commander Pedro Pereira, of the local maritime police, confirmed there were signs around the beach warning that lifeguards were not on duty for the winter.

"Because summer season concludes by September 3rd, Tonel beach is closed and there are no life-saving personnel. At the en-

trance to the beach there is a sign warning of this fact, he said.

Commander Pereira also said the police had launched an investigation into the deaths.

According to the *Lusa News Agency*, the British ambassador has spoken to the civil governor and confirmed a police investigation has been launched to establish how the tragedy occurred.

A source from the emergency services in Faro confirmed to Lusa that the four foreign citizens were aged between 40 and 50 and were English and German.

According to the maritime police, one of the adults was recovered by the lifeboat service from Sagres and the remaining victims were washed back to the shore.

Attempts to resuscitate them failed.

# Cigarette smoke Europe's number one air polluter



A recent European study monitoring amounts of carbon monoxide has determined that cigarette smoke is the main pollutant of Europe's air. Some 111,835 smokers and non-smokers were monitored from 27 EU state members, as part of an anti-tobacco campaign named 'Help: For A Life Without Tobacco'.

Of that number, 44 per cent were smokers and 56 per cent non-smokers, five per cent of whom revealed prolonged exposure to tobacco fumes in the 24 hours before the 'Help-Comets' (carbon monoxide measure of exposure to tobacco smoke) test.

It concluded that pollution caused by cigarette smoke mostly affects smokers, but also greatly affects non-smokers,

who are subjected to elevated levels of carbon monoxide.

It further showed that the percentage of carbon monoxide inhaled by those who smoke few cigarettes during the day (between one and five) is higher than the maximum level recommended for good air quality (8.5 ppm).

Non-smokers are also affected by smokers' emissions,

as in many countries they are still largely unprotected.

However, in countries with strict anti-smoking policies and higher cigarette prices the inhalation of carbon monoxide is significantly lower.

Most of the tests were carried out in public places, by encouraging the general public to participate, regardless of age, sex or smoking habits. Some 200,000 people took part, with ages ranging between two and 106, 53 per cent of whom were male, with an average age of 32.

In Portugal, 23 events were staged, in cities including Lisbon, Amadora, Seixal, Almada, Porto, Coimbra, Vila Real, Castelo Branco, Praia Grande, Salvaterra de Magos, Sesimbra and Moura. It was carried out by Professor Bertrand Dautzenberg, a lung specialist from the Pitié-Salpêtrière Hospital, Paris.

For more information, see website: [www.help-eu.com](http://www.help-eu.com), which in essence was created to deter youngsters from smoking, and encouraging smokers to stop.

## Special consultations for quitters

The National Health Board has announced it intends implementing specific consultations in all health centres around the country for those who want to give up smoking in what is an attempt to support progress of the new anti-tobacco laws that are to come into force in January 2008.

The consultations will be aimed mainly at employees and national health users, and will be available in some public hospital units as well, including car-

diology, psychiatry, oncology, obstetrics, and rehabilitation centres for alcohol and drug abuse.

Despite the new law completely prohibiting smoking in health-related areas, it will allow hospitals to create purposely designated areas exclusively for smoking patients.

These areas will be equipped with powerful ventilation systems and will be set physically apart from other wards to avoid smoke dispersing.

## Monthly Healing EUCHARIST (last Sunday of each month)



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# Portugal Fashion ends in style



Portuguese designer Fatima Lopes welcomes the applause after the presentation of her Spring / Summer 2008 collection during the Portugal Fashion show in Vila Nova de Gaia last week. (Photo: Lusa / Estela Silva)

Last weekend saw the close of yet another Portugal Fashion, filled with colours and daring designs.

The last show, by designer Story Tailors Narkê, presented a collection based on love and named 'Cupid and cliché'.

It was a theatrical display, marked by celestial colours and slinky outlines.

Kitch 'Pop Culture' of the eighties also featured heavily in

Luís Buchinho's fashion show, inspired by sportswear and jogging ensembles to make them comfortable yet sophisticated.

Strong colours are the flavour of the season, mainly being acid lemon, purples and blues.

The show was however marred by the refusal of a number of top modelling agencies to supply models to the event, alleging they were owed almost €80,000 from last year's event.

## Portuguese presidency condemns deadly Karachi bombing

The European Union "strongly" condemned Friday the suicide attack against the motorcade of former Pakistani Prime Minister Benazir Bhutto in Karachi, which caused up to 136 deaths, according to latest estimates.

The declaration issued by the EU's current Portuguese presidency in Lisbon emphasized that the victims were participating in a peaceful procession.

The EU considers that "such

acts greatly endanger the electoral process" and "urges the Pakistani Authorities and all political forces in that country to do their utmost to ensure that the forthcoming elections are prepared and will be held in a climate conducive to the free expression of the will of its voting citizens."

The attack occurred shortly after Bhutto returned to Pakistan after eight years in exile. She was unhurt in the incident.

TPN/Lusa

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## EC wants to boost fight against organised crime and terrorism



The European Commission has approved a communication on the role of the so-called Eurojust scheme and the European Judicial Network in the context of the fight against organised crime and terrorism.

The communication sets out the EC's views on possible improvements. It will be discussed with Member States at a Seminar in Lisbon 29 and 30 October 2007.

Vice-President Franco Frattini, Commissioner responsible for Justice, Freedom and Security, pointed out that "The fight against trans-national organised crime and terrorism cannot be fought by the member states individually."

Mr Frattini added: "Cooperation is an absolute necessity and figures show that Member States rely more and more on Eurojust when investigating and prosecuting these types of serious crime. Improvements are needed in order to provide Eurojust with the powers necessary to fulfil its tasks and act more effectively in the fight against organised crime and terrorism. To this end, I have indicated several possibilities for the development of Eurojust in the Communication adopted today."

Eurojust's aim is to stimulate and improve coordination and cooperation between the national judicial authorities in the Member States in the fight against trans-national organised crime and terrorism. It started its work in 2002 and the number of registered cases is growing exponentially. In 2006, 771 cases were registered, which represents an increase of 31 per cent compared to 2005. This year, over 800 cases have already been registered. This number may even reach 1000 cases by the end of the year.

## 'Maddie' movie to hit cinemas in January



A Hollywood movie that could have been based on the real-life Madeline McCann drama is to air in Portuguese cinemas on January 17<sup>th</sup> after having been indefinitely postponed in the UK due to the saga which took place in Praia da Luz in May this year.

'Gone Baby Gone', starring Ben Affleck and directed by Casey Affleck, Morgan Freeman and Ed Harris, was supposed to have been shown in cinemas in the UK from December 28th, though has been put off due to the uncanny similarities its storyline shares with the real-life Madeleine

McCann case.

In Portuguese the film is to be named 'Vista pela última vez...', literally translating as 'Seen for the last time', and has already been aired in various cinema festivals, such as the Deauville and Toronto festivals, where it was highly applauded.

Based on the disappearance

of a four-year-old girl and the efforts of two private detectives from Boston to find her, the movie was shot last year before the disappearance of Madeleine McCann in Praia da Luz on May 3rd.

It was an adaptation of the book 'Gone Baby Gone', written in 1998 by Dennis Lehane.

## EU looks to attract highly qualified immigrants



The European Commission this week adopted a proposal for a Directive on the conditions for entry and residence of third-country nationals for highly qualified employment.

Its aim is to provide member states and EU companies with additional "tools" to recruit, retain and better allocate (and re-allocate) the workers they need.

By doing so, the EC intends to increase the competitiveness of the EU economy by enhancing the contribution made

by legal immigration. This proposal is therefore in line with the objectives set out in the Lisbon Strategy.

The EU, with 1.72% third-country highly qualified workers of the total of the employed population, lags behind all the other main immigration countries, such as Australia (9.9%),

Canada (7.3%), US (3.2%) and Switzerland (5.3%).

Workers admitted under this scheme will receive a special residence and work permit, called the "EU Blue Card", entitling them to a series of socio-economic rights and to favourable conditions for family reunifications.

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# Pylon protestors carry out hunger strike



Last week the residents of Vale Fuzeiros, Silves, who for the past five months have been relentlessly campaigning to deter a series of high-tension pylons from passing through their village, were finally granted a meeting with representatives of the Environmental Ministry who decided in their favour and advised the route should be moved further north. To ensure this pledge becomes reality, some campaigners are now carrying out a hunger strike.

National Energy Company REN agreed to re-route the original plan, though the residents are not entirely convinced this will happen and as an extra measure to ensure REN keep their word, carried out their most aggressive protest to date by camping outside the São Bento palace in Lisbon and refusing to eat.

Hundreds of campaigners, including four British residents, one German and five Portuguese, have set up tents and said they are prepared to keep up their hunger strike for as long as necessary. They are surviving solely by drinking liquids, like tea, coffee and water, and have admitted they feel tired and hungry.

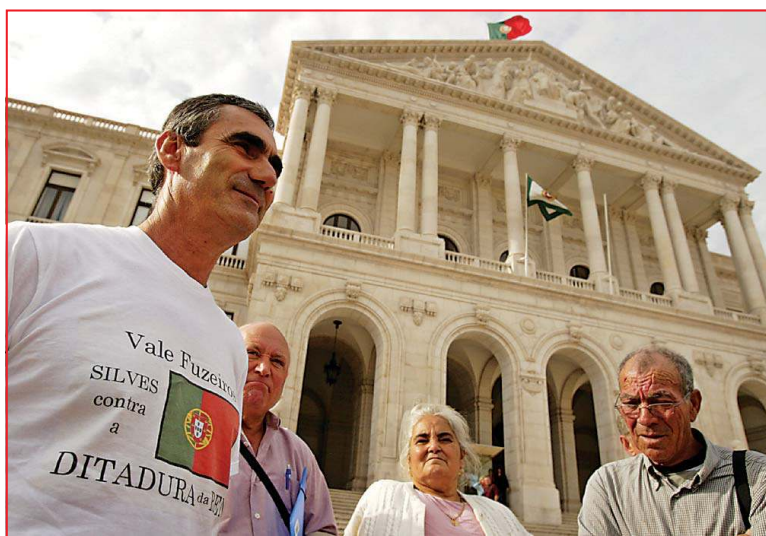
"We sleep on the cobble-

stones and it is uncomfortable and noisy", Sergio Santos, head of the Residents Commission, told **The Portugal News** this week, "There are cars literally passing by our heads all night. We are aware of the health consequences, it is getting complicated, but we will do this for as long as it takes", he added.

They were later joined by a further 110 protestors, mostly residents of Vale Fuzeiros, on Wednesday afternoon, who further underscored their message with placards.

Despite having seemingly achieved a minor victory, the Vale Fuzeiros residents have pledged to only ease up their campaign once visible action is taken.

**Photo right: Hunger strikers from Vale de Fuzeiros in Silves demonstrated against pylons in their neighbourhood in front of Parliament on Tuesday. (Photo: Lusa / Tiago Petinga)**



## EC and WFP sound alarm over humanitarian impact of climate change



Louis Michel, the European Commissioner for Development and Humanitarian Aid and Josette Sheeran, Executive Director of the World Food Programme (WFP) this week jointly warned that "climate change is an increasing threat to development and humanitarian relief efforts" during WFP's Executive Board meeting on Wednesday.

The WFP and EC have worked closely on innovative programs guard against famine, such as establishing a food security safety net in Ethiopia. During the past three months, the European Commission has provided urgent funding for WFP relief actions in various countries including flood-stricken Uganda and Nepal, and Nicaragua, which was badly affected by Hurricane Felix.

Climate change will be the main topic of discussion at the European Development Days in Lisbon on 7-9 November 2007, where Louis Michel and

Josette Sheeran will take part in discussions with other key development and humanitarian stakeholders. The Intergovernmental Panel on Climate Change (IPCC) predicts that climate change may dramatically decrease yields in many of the world's most vulnerable nations, particularly in Africa. In September 2007, the European Commission launched a Global Climate Change Alliance, that will support the least developed countries to adapt their development policies, and strategies to take account of climatic changes.

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## The Current Economic Outlook

| Financial Forecast | %   |
|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Interest Rates     | ▲ HIGH                                                                                                                                                                    |
| Inflation          | ▲ HIGH                                                                                                                                                                    |
| Personal Income    | ▼ FALLING                                                                                                                                                                 |
| Tax                | ▲ INCREASING PRESSURE                                                                                                                                                     |
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## Correction:

Following a report in last week's edition of **The Portugal News** on Page 7 regarding the October 13 religious celebrations and the opening of the new Basilica, we would like to publish the following correction: Celebrations at Fátima on October 13th., 2007, were held to mark the 90th., anniversary of the Great Miracle of the Sun which

took place in Fátima in 1917.

The miracle had been prophesied by Our Blessed Lady of Fátima and was witnessed by over 70,000 people gathered at the Cova da Iria, Fátima. People in nearby Santarem also witnessed the sun spinning on its axis before plunging towards Earth. Among witnesses were reporters and broadcasters from around the world.



# Approving treaty, bloc focuses on pressing global issues



EU leaders managed to break a two-year institutional impasse in the 27-state bloc by reaching consensus last Friday on the future Reform Treaty, allowing Europe to focus more efficiently on issues that most concern its citizens.

Portugal's EU presidency successfully wrapped up negotiations on the treaty in the wee hours of Friday to overcome last-minute objections from Poland and Italy.

The EU's new rulebook, subject to ratification by national parliaments and at least one referendum, replaces the bloc's aborted constitution that was ditched by French and Dutch voters.

Endorsement of the Reform Treaty has been the "top priority" for Lisbon's EU chair, which has now "scored" two of its three key presidency goals. An inaugural EU-Brazil summit was staged in June at the start of Lisbon's presidency, whose third objective in the EU driving seat is to stage a Europe-Africa summit in December.

At the close on Friday of the informal Lisbon gathering of EU heads of state and government, Portugal's prime minister, José Sócrates, congratulating his fellow leaders on reaching accord on the new treaty, said, "Europe is now prepared to respond to the challenges of globalization."

Accompanied by European

Commission President José Manuel Barroso, Portugal's leader said, "Europe has displayed ambition" and now wants to "lead the debate on globalization."

To guide the world debate on globalization, said Mr Sócrates, Europe has to participate in "re-designing global institutions so that they can better respond to the challenges of globalization."

At December's formal EU leaders' summit a decision will be approved to set up a group of experts to study the challenges faced by Europe in the context of globalization, he added.

Moving to discuss recent turmoil on world financial markets, Mr Sócrates said EU leaders support an action plan by the bloc's financial ministers to closely monitor developments on money markets in the wake of the credit crisis sparked by the collapse of the US subprime mortgage market.

But EU leaders consider that "the foundations of the European economy continue strong," noted Portugal's prime minister.

In the area of climate change, Mr Sócrates said the Lisbon lead-



Portuguese Prime Minister and EU President, José Sócrates, chats with UK Prime Minister, Gordon Brown, at the beginning of the meeting of the second day of the Lisbon Informal Summit, in Lisbon last week. (Photo: Lusa / Paulo Carrico)

ers' gathering had welcomed the gaining momentum of the international community's combat of

global warming.

Europe has played a key role in this area, he added, but must continue to press towards global consensus on the need for further

and more far-reaching action.

EU leaders agree on the vital importance of the upcoming UN-sponsored summit on climate change in Bali, said Mr Sócrates,

which should agree a roadmap for a comprehensive and inclusive negotiation process for a post-2012 climate change framework.

TPN/Lusa

## EC to take action to explain Treaty to citizens - Barroso

Brussels will coordinate action with the member states and the European Parliament to explain the new EU Treaty to citizens ahead of its ratification process, European Commission President José Manuel Barroso said in Lisbon.

"The European Commission will act in a coordinated manner on the information to provide on the new EU Reform Treaty, but not regarding the national perspectives" on how to ratify that document, Mr Barroso added.

He made his comments at the press conference marking the end of the Thursday-Friday Lisbon Summit of EU heads of state and government, who approved the so-called Reform Treaty meant to break the institutional impasse that has reigned since the Euro-

pean Constitution project was derailed in 2005.

Summit host Portuguese Prime Minister José Sócrates in turn stressed that "it will be up to each country to decide how to ratify" the new EU Treaty.

"But I'm confident that this Treaty corresponds to the desire of the overwhelming majority of citizens, who want the debate about European institutions to end and new rules of functioning to be adopted," he added.

Mr Barroso denied that the European Commission had lost

powers with the approval of the new EU Treaty. On the contrary, "coordination work will become easier at the level of European foreign policy," he said.

"The European Commission sincerely supported the Reform Treaty as it previously supported the Constitutional Treaty. The EU Reform Treaty strengthens Europe and what is good for Europe is necessarily good for the European Commission," the former Portuguese government chief explained.

TPN/Lusa

## Treaty "not end of the story", says Sócrates

Approval of the EU Reform Treaty is "not the end of the story", Portuguese Prime Minister José Sócrates has said.

He made his comments at the press conference marking the end of the two-day informal Summit of EU heads of state and government, who approved a new European charter that will become known as the Lisbon Treaty after being signed in December.

Asked about how long the new Treaty will last, Mr Sócrates said he hoped the institutional model agreed to by the 27 EU member states would "stand in time".

"I hope its name, Lisbon Treaty, also lasts," he said, adding that "of course, this Treaty is not the end of the story" because on the other hand "Europe has shown the ability to progress and adjust to changes."

The Treaty's approval also

enhances Europe's position ahead of summits with Russia, India and China, the current president-in-office of the European Council explained.

The EU will now be able to "confront the Kosovo question from a standpoint of more institutional strength," Sócrates said, adding "I have no doubt that the [Lisbon] summit result has reinforced the European spirit." TPN/Lusa

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# Reform Treaty to be signed in Lisbon on December 13 says PM

Portuguese Prime Minister José Sócrates has announced that leaders from the 27 EU member states have reached agreement on the new Reform Treaty, which will be formally signed on December 13 in Lisbon.

"The new Lisbon Treaty has been born. It is a victory for Europe," the president-in-office of the European Council announced in a press conference that followed the overnight negotiating session last Thursday evening.

"With this agreement and with the new Treaty, the European project is under way and Europe can now look with confidence to its future," Mr Sócrates said, adding that the Portuguese [EU] presidency had fulfilled its plan: to debate and approve the Treaty on Thursday and to begin to discuss important issues for the EU on Friday.

He particularly thanked European Commission President José Manuel Durão Barroso, who was at his side, for the support given to the presidency over the course of the Treaty negotiations.

Durão Barroso highlighted the "good European spirit" that enabled agreement on a "historic agreement" on the new Treaty, stressing that the next challenge was to have it ratified by the 27 member states.

The European Commission president said he was "extremely happy" about what he considered to be "a historic agreement, which gives the European Union the capacity to act in the 21st cen-



Family photo taken of the officials of the European Union during the Lisbon Informal Summit, in Lisbon last week. Photo: Lusa / Inácio Rosa)

tury".

Questioned on details of the solutions for questions that only hours earlier had threatened to block agreement on the Treaty, Mr Sócrates stressed the contribution of the Portuguese negotiating teams and denied that any solution, namely the concession of one more MEP to Italy, would lead to a postponement of debate.

"We decided what had to be

decided in the Treaty, that the total number of members [of the next European Parliament] would be 751 – 750 plus the president (...). The distribution of the MEPs in the member states will be determined in the next European Council according to the proposal from the European Parliament," the Portuguese prime minister said, indicating that it was also decided that the "new MEP will be for Italy".

The position is also clear regarding the appointment of the high representative for foreign policy, Sócrates said: "the Council agreed that the European Parliament would be appropriately heard".

Approval of the Reform Treaty was top on the agenda of the informal summit of EU heads

of state and government being held last Thursday and Friday in Lisbon, under the auspices of the current Portuguese EU presidency.

The document is meant to replace the failed European Constitution project, signed in 2004 but which left the Union in a state of institutional impasse after be-

ing rejected by referendums in France and the Netherlands the following year.

EU leaders meeting in Brussels last June, at the end of Germany's half-year presidency term, gave Portugal a strong mandate to oversee the process of approving the so-called Reform Treaty in record time. TPN/Lusa

## EU leaders express satisfaction over new treaty

European Union leaders expressed great satisfaction over the agreement reached on a new treaty for the 27-nation bloc.

The following are some of the comments from leaders who had gathered in the Portuguese capital: Portuguese Prime Minister José Sócrates: "The new Treaty of Lisbon was born today. It's a victory for Europe".

European Commission President José Manuel Durão Barroso: "We stand before a really historic accord that gives the European Union the capacity to act in the XXI century".

German Chancellor Angela Merkel: "The accord is a great success (and) a decisive political advance".

British Prime Minister Gordon Brown: "The treaty was approved, (Britain's) 'red lines' were guaranteed, British interests were protected. It's now time for Europe to devote itself to something else".

Polish President Lech Kaczynski: "Poland got everything it wanted".

European Parliament Speaker Hans-Gert Poettering: "I'm satisfied because the European Council followed the European Parliament almost 100%".

David Martinon, spokesman for the French presidency: "This accord brings great satisfaction because it comes only 20 months after (President) Nicolas Sarkozy suggested the idea of a simplified treaty for the first time". TPN/Lusa

## Ex-Portuguese president urges bloc's leaders to build a new Europe

Former President Mário Soares, the man who led Portugal into the European Union in 1985, called on EU leaders to "go further" in building a new Europe following their breakthrough a few hours earlier in approving a new Reform Treaty.

In a statement, Mr Soares said the EU must "start again" after the breaking of its institutional impasse at an informal Lisbon

leaders' summit and "go further again with European construction."

The former Socialist prime minister and president said he wasn't enthusiastic about the contents of the EU treaty, as "no true European or common EU citizen" would be, but the draft treaty approved in Lisbon ends a period of limbo for the bloc.

"Happily, thanks to the Lis-

bon accord, we can now breathe with relief and face the future with some optimism."

Soares left a final message to EU leaders on his vision of the bloc's future role on the world stage, saying Europe has to become a "global player in a multi-polar world" to repair the "political and economic damage" inflicted by the policies of US President George W. Bush. TPN/Lusa



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# EU in agreement over common sea policy



There is a common consensus among the EU's 27 member states for the adoption of an integrated maritime policy, European Commissioner for Fisheries and Maritime Affairs Joe Borg said this week.

Speaking after a Lisbon meeting of EU ministers responsible for maritime affairs, Borg said there had been "unanimous acceptance" of the need for "an integrated approach to maritime affairs" in Europe.

"Coordination (between member states) is essential for the success of an integrated approach to maritime affairs," said the Maltese commissioner, calling for this coordination to be "intensified between various sectors" to allow "less damaging decisions" to be made.

"We're not proposing an alteration in competencies (of states), but rather the putting in place of a process that leads to a decision that is more coordinated."

Speaking alongside Commissioner Borg was Portugal's state secretary of national defence and maritime affairs, João Mira Gomes, who said the adoption by EU members of a common sea policy "can open new channels of cooperation with partners of the Southern Mediterranean".

Turning his attention to Portugal's centuries-long relationship with the sea, Mira Gomes said Lisbon "is looking to the oceans with new eyes, without ignoring traditional areas like fish-

ing, and seeking to develop new areas such as wave energy."

Commissioner Borg echoed the Lisbon government's enthusiasm for a new relationship with its extensive territorial waters, noting that "Portugal can make immense profits from the sea, especially in the development of "coastal tourism, new energies and short-distance sea transport".

Borg also announced that the existing task force for maritime affairs in Brussels could be upgraded soon to Directorate General status to coordinate activities of EU commissioners responsible for ocean-related policy areas.

The one-day Lisbon meeting ran under the banner "Ministerial Conference on Maritime Policy for the EU" and was addressed by Portuguese Prime Minister José Sócrates and European Commission chief José Manuel Barroso.

Discussions centred on the creation of a common EU maritime policy proposed by the European Commission earlier this month, as well as preparation of recommendations for the bloc's summit in December that caps Lisbon's third presidency of the EU. TPN/Lusa

**PHOTO ABOVE:** President of European Commission, José Manuel Durão Barroso (2L), chats with Prime Minister, José Sócrates (2R) and Defence minister, Severiano Teixeira (L), Fisheries EU Commissioner, Joe Borg (R), (top L/R) Dutch State secretary for Transportation and Water Management, Tineke Huizinga-Heringa, Spanish State Secretary Alberto Navarro, French European Affairs State Secretary Jean-Pierre Jouyet and Janis Marsans, Ministry of Transport and Communications of the Republic of Latvia after the family photo, during the European Conference on the Maritime Policy for the European Union, on Monday at Nations Park in Lisbon. (Photo: Lusa / Inácio Rosa)

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## Turkey-Iraq tensions over Kurdish rebels worry Portuguese presidency



The Portuguese EU presidency has informed Turkey of its "preoccupations" with escalating tensions in the region where Ankara is mobilizing forces for threatened cross-border action against Kurdish rebels based in Iraq.

"I communicated our preoccupations on recent events and on the escalation of tensions that has taken place, worsening even more the critical situation the region is experiencing", Foreign Minister Luís Amado told Lusa last week, referring to a telephone call he had made to his Turkish counterpart, Ali Babacan.

Minister Amado added that he had "heard in detail" from Babacan about Ankara's "preoccupations" about recent Kurdish

rebel attacks against Turkish troops, and the Turkish parliament's approval Wednesday for a retaliatory cross-border response.

"Turkey is concerned about not contributing to worsening the already difficult situation faced by the Iraqi government", Mr Amado said, adding that any Turkish action would be aimed at Kurdish PKK guerrillas.

The PKK insurgents are fighting for autonomy for Turkey's

majority ethnic Kurdish southeastern region.

Mr Amado said he had also discussed the crisis with the EU's chief diplomat, Javier Solana, and that the issue would likely be raised at the EU summit in Lisbon Thursday and Friday.

The EU, he said, would "surely be represented" at a November 2-3 meeting in Istanbul involving Turkey, Iraq and their neighbours, along with the United States. TPN/Lusa



# PM announces 'flexicurity' accord with bosses and unions



European employers' and union associations have reached agreement on modernization of the labour market and the principles of 'flexicurity', Prime Minister José Sócrates said.

As a result of this "historic agreement", the Portuguese presidency now has the conditions to present in December a proposal on those issues, Prime Minister Sócrates said at a Lisbon press conference that marked the end of the Informal Tripartite Social Summit.

"Today we have taken an extremely important step towards application of the Lisbon Agenda. The agreement is a sign of the vitality of social dialogue as an integral part of the European social model," the Portuguese prime minister said.

He emphasized that the concrete application of 'flexicurity' principles should "depend on the political options of each country".

Flexicurity is a labour policy combining flexible conditions enabling employers to hire and fire more easily, with more worker security via higher unemployment benefits.

Also present was European Commission President José Manuel Durão Barroso, who noted that the "step taken today" by the European social partners to determine measures to help modernize the labour market "will surely not be the last".

The agreement "shows that

the EU adjusts to the demands of a more competitive market, while maintaining its European social model," he added.

Antoine Seillière, on behalf of the employers' associations, was prudent about the effective consequences of the agreement, stressing that "the flexicurity principles must now be transformed into reality".

"Companies have to meet the new challenges, but workers must also be prepared to face changes and be able to carry out new jobs," he said.

The representative of the European labour unions, John Monk, said that the agreement on the principles to modernize the labour market "will reinforce the EU's connection to people".

The European social partners delivered to the Portuguese EU presidency earlier Thursday a joint analysis document on social dialogue and the challenges facing the European labour market.

The document prepared by the European employers and unions was ratified by the executive committee of the European Trade Union Confederation (ETUC) in Lisbon, shortly before the start of the Thursday morning EU social summit, in which it participated.



Partial view of a demonstration last week which was promoted by Portuguese left-wing union CGTP-IN outside the Atlantic pavilion near the location of the EU Lisbon Informal Summit. Demonstrators were demanding better wages, work conditions and more European social measures. (Photo: Lusa / Manuel de Almeida)

## Barroso warns of possible tougher measures against degradation of oceans



European Commission President José Manuel Durão Barroso has warned that time is running out in the fight to save ocean and sea environments, saying Brussels may adopt additional measures if current policies do not produce satisfactory results.

## Lower representation at Europe-Africa summit if Mugabe present

The Czech ambassador to Portugal has confirmed that Prague will not be represented at "the highest level" at the Europe-Africa summit the Portuguese EU presidency hosts in December if Zimbabwean President Robert Mugabe is present.

Ambassador Ladislav Skerik told Lusa the Czech position had not been coordinated with Britain, which has threatened to boycott the apex meeting for the same reason, but that Prague "closely follows" London and Washington on "security and human rights" issues.

Ambassador Skerik acknowledged that, in contrast to the Portuguese presidency and other EU partners, Africa was "not a priority" for Prague.

The Czech government announced earlier in the week that it would send a junior delegation to Lisbon if Mugabe came to the December 8-9 summit.

Although Mugabe's regime faces EU travel and other sanctions over human rights abuses, Lisbon argues that the urgent need to re-launch and raise Europe-Africa relations to a higher level cannot be held hostage to a single issue or problems between specific countries.

"There's no time to lose. If we don't get concrete results" in combating maritime degradation, "Europe will have to consider other paths of action", Durão Barroso told the opening session of a high-level ministerial conference on maritime policy in Lisbon.

"The marine environment of our oceans and seas continues to deteriorate with the increase of economic activity", he said, adding that the commission was "aware of the problem" and devoting much attention to it.

He said Brussels had proposed a "series of measures" for maritime environmental protection that he hoped would be blessed by the conclusion of the Portuguese EU presidency at year's end, and a "third package on maritime security" which also awaited debate and approval.

Another major concern, Durão Barroso added, was the "sustainability of fisheries".

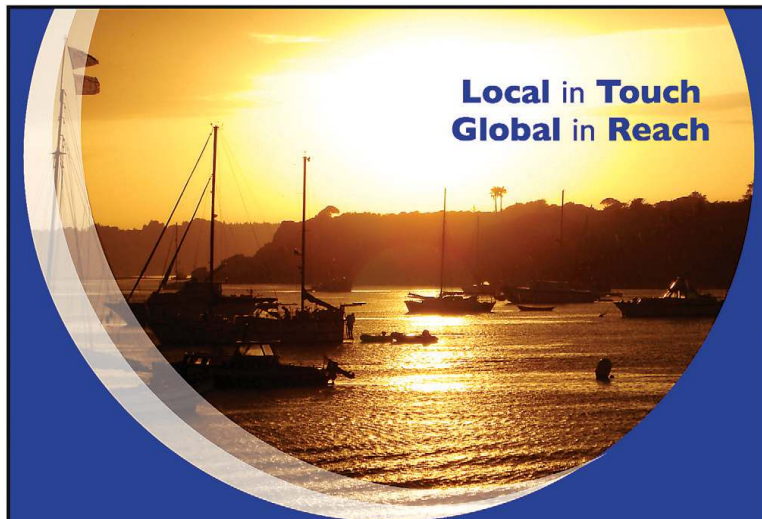
The commission, he said, had taken action last week against certain "destructive practices and pirate fishing".

Illegal fishing worldwide represented "much more than the (catch) volume of legal fishing" by the EU, he said.

In economic terms, he called for the bloc to develop its "maritime dimension" in the face of "strong growth in international trade" in tandem with preservation of the environment.

Underlining Europe's increasing dependence on maritime transport, Durão Barroso said bolstering the EU's shipbuilding and ports capacities was an "urgent challenge".

Oceans and seas, he said, also represented a "decisive factor" for growth in the bloc's service sectors, such as tourism. TPN/Lusa



### Fiscal Representation for Non Residents

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## Police losing detectives

In the space of a year, Portugal's elite *Policia Judiciaria* has lost 84 detectives, a drop of 7.6 percent when comparing the first half of 2007 with the previous year.

The revelation of the drop in the number of detectives comes as the PJ was celebrating its 62<sup>nd</sup>

anniversary.

Since the end of the 1990s, the PJ has lost a total of 240 detectives, though the Justice Ministry announced recently it will be looking to increase the number of detectives by 150 in the next two years.



# Lowering US Estate Taxes



In our last article – Estate Planning An Important Facet of Life – we pointed out that the estates of deceased American expatriates can be subject to substantial estate taxes. The Internal Revenue Service requires that worldwide estates of decedents be valued either at, or six months after, date of death. An estate tax return must then be filed within nine months following the death of the decedent, listing these valuations less any allowable deductions, for purposes of taxation.

Estates valued at less than the \$2,000,000 Applicable Exclusion Amount are not liable to taxation. But given that the euro has recently crossed the \$1.40 threshold, Americans living for years and accumulating holdings in Europe could very well be liable to estate taxes. For instance an estate valued at €1,400,000 is already near the \$2,000,000 threshold.

Estates owing taxes can be substantially diminished, leaving the heirs with a fraction of the property intended by the decedent to pass to them. To pay estate taxes, a choice piece of property might have to be sold or a long established business liquidated. So what can be done to lower estate taxes?

Consider Julie Thornton. She established a school 35 years ago. As a married person, she bore four children. Julie is now 78 years old and not in good health. Her husband predeceased her eight years ago. As the surviving US citizen spouse, the \$10,000,000 school and its properties passed automatically to her. Had she been a surviving foreign spouse, the school would have to have

been sold within nine months of her husband's passing in order to pay \$3,375,000 in estate taxes (unless qualifying for estate tax installment payments). Julie is quite anxious now as to how to pass the school, a viable business and respected institution in the community, to her children and eleven grandchildren.

Since the school is incorporated, Julie can, for starters, make gifts of stock to her heirs of \$12,000 each. Each year, she could, therefore, transfer out of her estate \$180,000 (\$12,000 x 15) in stock shares. But this possibility may not be very attractive since Julie is not likely to survive very many more years. And any gifts made within three years of death automatically revert to the estate.

The first step Julie should take is to prepare an inventory of her estate: cash and investments; life insurance; retirement accounts; personal residence and rental properties; vested stock options; business ownership interests; vehicles, boats, RVs, etc.; artwork, jewelry and collectibles; furniture and other personal property; and anything else of

significant value. Valuations of property should include the manner in which title is held, the date of acquisition, the current tax basis, and any offsetting loans. Once valued – and in some circumstances qualified appraisals may be required – Julie can then subtract any mortgages, loans, credit cards and other liabilities in order to arrive at a net value of the estate.

As part of the appraisal of the school, Julie might consider that where recipients in a closely held business receive less than 50% in ownership value, they are entitled to a lack of control discount, which can typically range between 20% and 40%. Moreover, if there is no established market for the school, shares could be further discounted another 20% - 30%. Or she might consider transferring part of the property in return for a private annuity, which does not revert to the estate upon death of the decedent.

Julie should then make a Will, which will help her determine how she would like to see her estate distributed. She may want to create one or more trusts. And she might also create a living Will

in the event she becomes incapacitated and requires someone else to act in her stead.

Estate planning to avoid or eliminate estate taxes can be critically important, particularly as Americans are often unwary of the heavy-handedness of the Internal Revenue Service in its mission to feed the tax machine. Don't expose your heirs to unexpected surprises.

*Barron Harper is a member of Albo Euro-Consult (www.albo.org), a consortium of chartered accountants and legal experts on the European continent, and the National Association of Public Accountants (www.natptax.com). He specializes in US International Taxation for American expatriates. taxbarron@yahoo.com / (00351) 91 935 9809.*



## Lisbon, Brussels upbeat on approval of wine sector reforms this year



Portugal's EU presidency and the European Commission both expressed confidence this week that a root-and-branch reform package of Europe's wine sector will be approved in December.

After chairing a meeting of his EU colleagues, Portuguese Agriculture Minister Jaime Silva said the main stumbling block in talks on the reform proposals is the issue of enriching wine with sugar, a practice common in northern Europe that is "a tradition of 170 years and affects a highly specific market."

Before the start of the talks in Luxembourg, Minister Silva had said the issue of sugar addition could block any accord on reform of the Common Organization of the Wine Market, part of the EU's Common Agricultural Policy.

For the 27 EU member states to reach agreement on the wine sector reform plans, which are opposed by a group of states led by Germany and France, "all have

to have goodwill" as "reform is not easy," Portugal's agriculture minister said after the first ministerial working session.

Flanking Silva was European Commissioner for Agriculture Mariann Fischer Boel, who said the abolition of planting rights would be introduced in 2010, rather than 2013 as planned, if this controversial measure is not approved.

The Danish commissioner also addressed the hotly contested issue of uprooting vineyards and paying farmers to leave the sector, noting Brussels was not targeting specific countries with this measure that aims to cut production and boost quality of wine.

"The key is to make uprooting possible in regions where it is well received." TPN/Lusa

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## CAPITAL GAINS TAX:

by Dennis Swing Greene

### Options when selling Property in an Offshore Company

This is the second of a three part series exploring the Capital Gains Tax consequences of selling a property that is in an Offshore Company:

- 1) The Situation
- 2) Options nº1 & nº2
- 3) Option nº3 and the Conclusion

### The Tax Consequences for Buyer and Seller

#### a) The Company sells its Property:

The Capital Gain on the sale of the Property is the net difference between purchase cost (€200,000) and sales price (€550,000) minus capital improvements in the last 5 years minus deductible buying and selling costs. This net gain is then taxed at the rate of 25%.

Example - the final result might look something like this:

€550,000 (sale) - €200,000 (purchase) - €15,000 (improvements) - €5,000 (expenses) = €230,000 (net gain) X 25% (non-resident tax rate on sale of property) = **€57,500 (CGT)**

The buyer will also pay the following acquisition taxes:

€33,000 (IMT) + €4,400 (Stamp Duty) = €37,400 (acquisition taxes)

Since it is a Delaware Company that is selling the Property, then the taxable Gain will be to the Company. However, it is more than likely that the distribution of these profits to the shareholders will also incur an assessment to Owners in the home jurisdiction on these "dividends".

Option nº 1  
Bottom Line:  
Seller is taxed €57,500  
Buyer is taxed €37,400

instance, the transaction will no longer be seen as a property rights transfer but merely as a sale of shares (movable assets). After application of any Capital Gains allowance, a second CGT assessment will be due on this gain. Given the deemed nature of the perceived transaction, together with the triangulation of the jurisdictions involved, there is no way to eliminate double taxation.

Option nº 2  
Bottom Line:  
Seller is taxed €57,500  
Buyer pays no tax

#### PART Nº3: Final Option and the Conclusion

Dennis Swing Greene is an International Fiscal Consultant and Senior Partner at EuroFinesco S.A., with offices in the Algarve and in Lisbon. Appointments may be scheduled in Guia (Albufeira) at 289 561333 or in Lisbon (Chiado) at 21 3424210 or by e-mail at [info@eurofinesco.com](mailto:info@eurofinesco.com) or on the internet at [www.eurofinesco.com](http://www.eurofinesco.com).

#### b) Sale of the Shares of the Delaware Company

The shares of the Delaware Company are sold to the Buyer. In accordance with the USA-Portugal Tax Treaty (Article 14), this is treated as a sale of Property Rights since the US Company, as a resident entity under the Treaty, consists principally of immovable property located in Portugal. Therefore, the Gain may be taxed in Portugal in an identical fashion as above (a) with a net CGT due of **€57,500**.

Since the Sellers are non-residents in Portugal, they will also be taxable on the worldwide income in their home jurisdiction. In this



# Thousands demonstrate for 'Social Europe,' treaty referendums



Tens of thousands of trade unionists marched through Lisbon last Thursday to protest Portuguese government social and labour policies and to demand a "Social Europe" only hours ahead of an EU summit in the Portuguese capital.



Demonstration promoted by the left-wing union CGTP-IN outside the Atlantic pavilion in the vicinity of the EU Lisbon Informal Summit last week. Demonstrators were demanding better wages, work conditions and more European social measures. (Photo: Lusa / Manuel de Almeida)

Police said the demonstration numbered as many as 150,000 protesters, the largest such show of force by labour unions in Portugal in many years.

Leaders of the European Trade Union Confederation (ETUC) joined in leading the peaceful demonstration that was organised by Portugal's largest Communist-led CGTP union confederation.

Shortly before the protest, the ETUC leaders attended a "tripar-

tite" meeting with EU officials and representatives of European business associations in which agreement was reached on the so-called "flexicurity" principles to liberalise hiring and firing laws while bolstering unemployment benefits and re-training options.

Among other demands, the demonstrators chanted slogans calling for a referendum of the new bloc treaty the EU leaders were expected to approve during their two-day summit in Lisbon.

## EU trade ministers meet with Mediterranean counterparts on free trade zone



The European Union's trade ministers meet with 10 southern and eastern Mediterranean counterparts in Lisbon Sunday to assess progress and further discussions on creation of a free trade zone by 2010.

The gathering, the VI Euromed Conference of Trade Ministers, was co-chaired by Portuguese Economy Minister

Manuel Pinho for Lisbon's EU presidency and the bloc's trade commissioner, Peter Mandelson. Ahead of the meeting, Mr

Pinho described the progress on establishing a free trade zone as an EU "priority", given the Mediterranean region's "great potential importance".

He called attention to its "enormous" importance both in terms of numbers of consumers, a combined total of some 750 million people, and in "the advantages it represents in the field of energy".

Mr Mandelson said the objective of the talks was the creation of a "clear Euro-Mediterranean

free trade area".

The agenda of the discussions centre, among other matters, on setting up a trans-Mediterranean free trade area by 2010, assessing progress in regional economic integration, and defining a trade "roadmap" to and beyond 2010, officials said.

The 27 EU trade ministers are joined in Lisbon by their counterparts from Algeria, Egypt, Israel,

Jordan, Lebanon, Morocco, the Palestinian Authority, Syria, Tunisia, and Turkey.

Libya is also represented as an observer to the Euro-Mediterranean Partnership (EMP) initiative.

The PEM foresees the establishment of a free trade zone by 2010, namely the full liberalization of industrial products, a gradual liberalization for agricul-

tural and modified agricultural products and fisheries, and an opening of markets to new sectors, such as services and investments.

The negotiations operate on a two-track system: bilateral, or "vertical", between the EU and each of the southern partners and multilateral, or "horizontal", for regional integration.

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(From Cambridge Advanced Learner's Dictionary)

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# How Many Chinese Are Enough?

Even before the 17th congress of the Chinese Communist Party began last week in Beijing, it was clear that at least one policy was not going to change: the one-child policy. "Because China has worked hard over the last 30 years, we have 400 million fewer people," said Zhang Weiqing, minister in charge of the National Population and Family Planning Commission, earlier this year.



A file picture dated 01 June 2007 showing Li Keqiang (R), Communist Party Secretary of China's northeastern Liaoning province, during a visit to an orphanage in Shenyang, Liaoning province, China. Li was named as member of the Communist Party's Standing Committee, the country's innermost circle of power, for the next five years on 22 October 2007, media reported. Fifty-two year-old Li Keqiang and Xi Jinping, 54, the other newcomer into the Chinese Communist Party's Politburo, are expected to be destined to succeed Chinese President Hu Jintao and Prime Minister Wen Jiabao. (Photo: EPA/Wang Tian)

In the eyes of the policy's supporters, that justifies the infringements on people's freedoms that are involved. True, a few women (or a few million women) were dragged off to have forced abortions in the bad old days, but now it's much more civilised. Besides, the end justifies the means, doesn't it?

Not having 1.7 billion people now (and not having over two billion in twenty years' time) is clearly a desirable outcome for China. Even with decades of high-speed economic growth, there is a limit to how many people China can feed and clothe and house. But did the regime really have to impose such a draconian birth-control policy in order to stay within that limit?

The doubters point out that the Chinese government's "soft" birth-control policy in the 1970s — encouraging later marriage, fewer births and longer birth intervals — brought the total fertility rate (i.e. lifetime babies per woman) down from 5.7 in 1970 to 2.9 by 1979. That is one of the fastest drops in the birth-rate seen anywhere at any time — and it happened BEFORE the "hard" one-child policy was introduced in 1980.

Critics also point to the Indian experience, where an early experiment with enforced birth-control measures in the 1970s created such a backlash that nobody has dared to suggest it since — and yet, they argue, India's birth-rate has also plummeted over the subsequent generation. From a total fertility rate of 6.3 in 1960, it has fallen to only 2.8 this year. The famous "demographic transition" from high birth-rate, high death-rate societies to longer-lived communities with lower birth rates still works its magic eventually. But it does take its time.

Compulsion does make a difference. India and China both started out in the 1960s with very similar fertility rates, and at that time China's population (648 million) was much bigger than India's (433 million). But by 1980 China's fertility rate was already down (without compulsion) to the rate that prevails in India today. With compulsion, it has fallen even further, to little more than half the current Indian fertility rate. So China's population will level off at around 1.4 billion by 2020, while India's will go on growing to at least 1.7 billion.

How much difference does that make in practice? A lot. If China had taken India's approach, its population would probably reach 2 billion before

it stopped growing. For every two Chinese in the country we know, there would be three instead. That could easily be the margin between success and disaster.

China's economic miracle (ten percent growth for the past two decades) skates permanently along the edge of environmental calamity. Just breathing the air in Beijing is the equivalent of smoking twenty cigarettes every day. The country has lost almost 7 percent of its farmland to development in the past decade. Dozens of cities are already experiencing severe water shortages. It's bad enough with the present population of 1.3 billion. What would it have been like without the one-child policy?

In large parts of the world, it is not politically acceptable to suggest that the sheer number of people can be a problem. Population control is startlingly absent, for example, from discussions about how to minimise climate change. It's partly out of concern for the religious sensibilities of some people, and partly because of the human rights issues that it raises.

In addition to the human rights abuses implicit in the one-child policy, there are grave demographic implications. One is the shrinking number of people in the working-age population who have to provide for a relatively large aged and retired population. Another, specific to societies where sons are seen as far more desirable than daughters, is a wave of selective abortions and female infanticide.

This is hardly unknown in India either, but in China, because of the one-child policy, it has taken on the dimensions of a plague. Girls are in such short supply that it is estimated that by 2010 there will be 37 million young Chinese men with no prospect of ever finding a wife.

There have been relaxations in the one-child policy over the years — ethnic minorities are largely exempt from the rules, and rural families whose first child is female are allowed a second try — but almost two-thirds of Chinese families really do have only one child. And the fact that the government is determined to retain the policy suggests that it intends to bring the population down in the longer run, whatever the collateral social damage.

Most ecologists would say that China is well beyond its long-term "carrying capacity" even with its present population. Maybe the government is actually listening to them. Maybe it also knows that climate change will not be kind to China. There are things worse than a one-child policy. Famine, social disintegration and civil war, for example.

Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries.



Gwynne Dyer.

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## Combined travel ticket causes concern

Transport syndicates have voiced their concerns over public transport company Carris' announcement that they will be altering their bus routes in the areas soon to be covered by new subway extensions.

Carris will be eliminating or shortening 10 of their present service routes towards the end of the year, when the Terreiro do Paço and Santa Apolónia subway stations are inaugurated.

According to FESTRU – the national Federation for Road and Urban Transport Syndicates – the cutback is merely due to “economics”, as “Carris can now do the same service with less buses”.

Said spokesperson Vitor Pereira, head of FESTRU, “in this country, collective transport companies should only be allowed to alter their timetables or routes if it is approved by local governments, who are close to resident populations and are

aware of their transportation needs”.

According to FESTRU, Carris' Santa Apolónia-Entrecampos number 90 bus-route is soon to be eliminated and another four routes will be shortened, leaving some neighbourhoods without public transport after 21h30, and forcing many others to resort to purchasing a subway ticket to be able to complete a journey.

In their defence, Carris have said that from November they will be introducing a combined bus-subway ticket, and have also said that the upcoming changes will benefit the population as waiting times between other services will be shorter.

# Capital's clock back on form



After five months of restoration works, Lisbon's most famous clock, in the downtown area of Lisbon, on the Rua Augusta arch, is back in fine form and delighting passers by with its trademark chimes.

A ceremony was held to mark its return, which was presided over by Culture Minister Isabel Pires.

The clock's original maker's grandson, Luis Manuel Cousinha, carried out the restorations, a task he carries out with

pride in honour of his accomplished relative.

Luis' grandfather made the symbolic timepiece in the 1930's, and is responsible for the clock's current upkeep.

Three more clocks from around the capital are soon to be subject to maintenance and repair works.



The clock located on the arch of Rua Augusta in Lisbon is reactivated. (Photo: José Sena Goulao / Lusa)

## Caparica car crash kills four

A car crash that occurred on the IC-20 near Costa da Caparica killed four out of five passengers that were travelling in the vehicle at the time.

One other passenger was left seriously injured.

Almada PSP police have revealed that whilst the vehicle had a foreign license plate, at least two of the victims were Portuguese. The nationality of the other victims is as yet unknown.

## Royal British Legion Portugal Branch cocktail party



Some of the RBL members with the host Mr. Mark Hanmer, the RBLP Lisbon sub-Branch Chairman.

Tom Wise MEP was visiting Portugal recently and, being a member himself, he invited local members of the Royal British Legion Portugal Branch to a cocktail party at the Lisbon Holiday Inn. A fine spread was enjoyed by over 30 attendees who had the opportunity of meeting and exchanging views with Mr. Wise during the convivial evening.

Don't miss our 30<sup>th</sup> anniversary edition coming soon!



### The Empty Bench

Two weeks ago, while we were walking through my friend's upscale condominium complex in a suburb of Washington D.C., she spotted a former neighbor. Gabriella had been living in Paris for two years and was now back home to resume

her job in the US.

"John," She said. "I'm so glad to see you...and surprised. I thought you and Carolyn had moved away from here."

"Yes," he replied haltingly with his head drooped down into his book. I wasn't sure if we had caught him napping or weeping.

He continued. "We left here eight months ago and rented a smaller apartment. I retired from my job and two months later the doctors found a lump. Now I'm recovering from the effects of chemotherapy."

Gabriella wished him well and we walked on. Don and Gabriella talked about friends, food and

family. But I was preoccupied with John.

"Why did they move?" I asked.

Gabriella speculated. "People make money when they sell their homes here. They wait for their properties to appreciate then sell them and move". Then she went on to tell us that the couple really didn't need the money but probably thought they had made "a good deal."

Soon the harsh reality of his situation hit me. John had returned to his favorite bench near the condo where he used to live. He was in recovery mode and probably wanted to stay close to the area he'd treasured before his move, perhaps to savor the happy memories he'd experienced when he and his wife had lived there. The bench was his symbol of the life that he had relinquished. And all for money that Gabriella speculated "wasn't that much anyway given the high rental costs in the DC area."

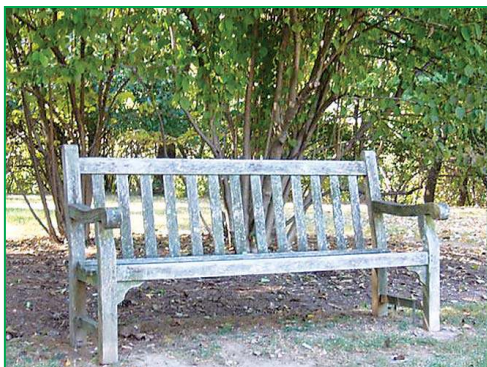
My mind flew back to my own retreat from the land I loved. In 1996 I left Portugal for the USA. I moved back to California with the friend I'd come here with. I had a good job offer in the US.

## Pat Westheimer

Plus, I figured that I'd had my good times in Portugal and now it was time for my friend to choose. It took me only 24 hours to realize the horror of my mistake. Not normally given to depression, I fell into what I called deep anguish. I remember the night a friend called from Portugal. "Pat you sound sad," she said. Ruth was right. I'd given up my soulful attachment to the country I'd come to love. Finally, eight months later I came back to Portugal vowing never to leave again permanently.

I guess that's why I identified so deeply with Gabriella's former neighbor. Had he given up his dream, his soul home only to come back and borrow time there on a bench? The next day Gabriella, Don and I took the same walk as the day before. Only this time the bench was empty. Maybe he'll come back later, I hoped. "Maybe they'll even move back here," I suggested to Gabriella. She doubted that they would. I can only hope that the man will recover and get to spend many joyful years sitting on his bench.

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## Portimonense victory over Beira-Mar



Nuno Coelho of Portimonense (L) fights for the ball with Maurinho of Beira-Mar, during their League Cup soccer match held at Portimão Stadium, Portugal on 21 October. The game ended with Portimonense winning 1-0. (Photo: Epa: Vasco Celio)

## Three years' continuous growth for Algarve tourism



According to the RTA (Regional Tourism Board) the overall balance for the Algarve's tourism season 2007 has surpassed all expectations and continues to mark a steady and constant growth, as well as showing consolidation.

Next year's promotional strategy has also been released.

Between January and August 2007, some 10.7 million people visited the Algarve and occupied a bed, representing around 40 per cent of the national total and a 3.6 rise in comparison to last year's figures. Intake-wise, figures have shown the Algarve took some 407 million euros in hotel and tourism-related revenue, a 4.4 per cent increase in comparison to last year.

There has been a surprising increase in Eastern European tourists to the region, with Hungary's visitors increasing by 29.9 per cent, Poland's by 47.8

per cent, the Czech Republic's by 64.6 per cent, and Russian tourists increasing by 19.2 per cent.

On average, holidaymakers spend 5.1 nights in the region, surpassing the national average of 3.1 nights. Dutch tourists tend to linger longer, spending an average 7.7 nights in the Algarve, the Portuguese opting for shorter breaks of 3.6 nights and the Spanish taking an even shorter holiday, on average spending just three nights in the Algarve.

Great Britain continues to bring the greatest number of tourists, this year showing an in-

crease in all figures, including bed occupancy, which rose by 9.1 per cent, and passenger figures, which rose by 9.5 per cent.

Easyjet continues to be Faro airport's busiest airline, carrying 15.1 per cent of all passengers.

Regarding golf, some 790,000 rounds were played on the region's acclaimed greens, with March having been the best month, seeing 136,000 rounds being played in that month alone.

www.the-news.net

## A South African celebration



A group of South African expats celebrate their team's Rugby World Cup victory over England in Alvor, Portimão on Saturday evening. South Africa have now won two of the four tournaments in which they have played.

## Pirates of the Algarveans

It's that time of year again and the Algarveans Experimental Theatre Group have already chosen their script and cast the parts for their forthcoming Pantomime 'Treasure Island.'

The exact date is yet to be confirmed but get your diaries out and pencil in the last week of January or first week in February 2008 for now.

So me hearties and lovers of the high seas of adventure, don't miss coming aboard this action packed production as pirates and cut throat baddies, lads and lassies set forth to find the buried treasure following the trusty map that will bring them to their fortune.

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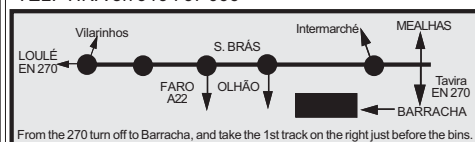
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# French murder suspects start trial in Algarve



Two French nationals Corinne Gaspar and her half-brother Thierry Beille, who are accused of murdering compatriot André Le Floch on the yacht *Intermezzo* off the Algarve coastline in 2006 have this week begun their trial in Lagos Courthouse.

They are accused of robbery, murder, profanity, and hiding a body.

André Le Floch, owner of the *Intermezzo*, was found in one of the vessel's hulls, tied up and with weights tied to his waist. Portuguese Air Force officials discovered his body after the vessel experienced difficulties at sea and a rescue operation was carried out.

According to the duo's statements, they tied André up after he allegedly tried to rape Corinne

days after they accepted an invitation to sail aboard his ship along the Algarve coastline. They are believed to have planned his murder.

Since August last year they have been held in separate jails, Corinne in the Odeira woman's jail, Thierry in Faro.

Their lawyer António Vilar, has spoken out about the accusations and has said it "is nothing more than mere theory", but if charged, they could face up to 25 years each in jail.



Corinne Gaspar, accused of the killing of André Le Floch, the owner of the trimaran 'Intermezzo', which turned upside down about 80km from Portimão, Algarve, on 22nd August 2006, enters Lagos Court, Lagos 24 October 2007. (Photo: Luis Forra / Lusa)

## Tourism chiefs gather at Arade Pavilion

On October 25<sup>th</sup> and 26<sup>th</sup>, the vice-president of the European Commission, Portuguese Economy Minister Manuel Pinho, and the European tourism ministers will all gather at the newly-inaugurated Arade Pavilion, Lagos, for the 6<sup>th</sup> European Tourism Forum.

It is the first time that Portugal is hosting the gathering, entitled 'Sustainable Management of

Tourist Destinations', honouring the EU's Portuguese presidency.

Thursday's (25<sup>th</sup>) forum will also see the inauguration of an exhibition, called 'European Destinations of Excellence'.

Topics covered by the forum will include natural and cultural heritage management, employment competitiveness and the creation of jobs, and European tourism and competition.

## Lagoa to lower council tax

In an attempt to lighten the local population's fiscal load, Lagoa City Hall has announced it will be lowering its council tax (IMI – *Imposto Municipal sobre Imóveis*) from 0.43 to 0.4 per cent, as of 2008.

Tax on older buildings will still stay at 0.7 per cent, but, according to Lagoa Mayor José Inácio, other taxes will be low-

ered as "the population is already heavily penalised with other governmental taxes".

It is thought that this cut in tax payment will represent reduction of €650,000, in the city hall's overall budget for 2008.

"It is a considerable effort for a city which will already be penalised by more than €200,000 in the state's budget for 2008", said Mayor José Inácio.

## Six detained on Guadiana river in connection with drug smuggling

Portuguese and Spanish police have arrested six individuals after they were intercepted on the Guadiana river, near the S. Francisco bridge, Castro Marim, on a semi-rigid speedboat with 42 doses of hashish on board.

According to Lieutenant Cónias de Oliveira, of the Évora GNR de Évora, the boat was equipped with two 250 horsepower engines and was detected by Portuguese police at around 02h20 in the morning, cruising in the Spanish side of the river with no lights on.

Portuguese police alerted the Spanish authorities, who, within five minutes, were on the scene, aided by two speedboats, a helicopter, and numerous ground patrols.

One of the men aboard managed to flee to Portuguese territory, and, despite being sighted around a kilometre away from the scene Portuguese police were not able to catch him.

However, Lieutenant Cónias said the riverbeds and surrounding areas are still being patrolled in an attempt to capture the man.

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# Breast Cancer Control is music to Vilamoura's ears

Last Friday the Vilamoura Atlântico Piano Bar put on a fantastic night of live music to raise money for breast cancer treatment and cancer research units both in Portugal and the UK.

Bruno Mariano, events director and manager of the bar, is himself a talented musician and put on outstanding renditions of jazz and blues favourites to a full house.

Resident singer Lorraine Diva also put in a brilliant performance, but the star of the evening was without doubt nine-year-old Cody Smart, who was invited to participate in the event after an impromptu performance he put on in that venue earlier this summer.

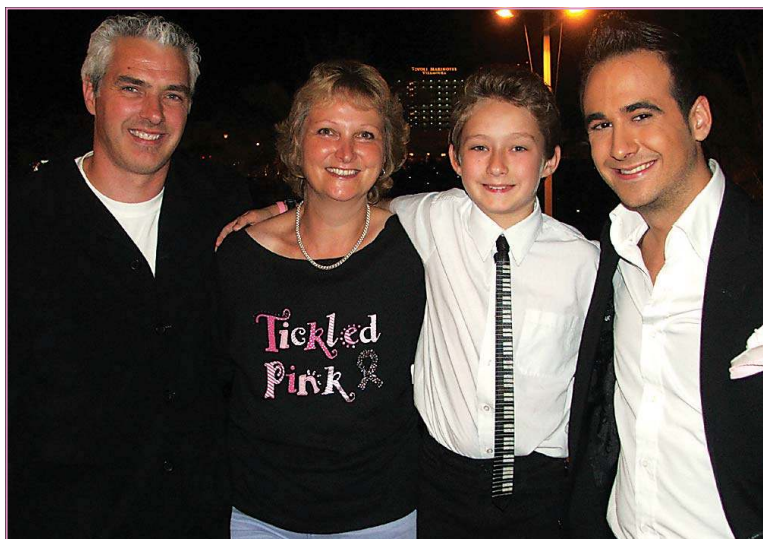
Cody, of Epping, UK, is an active fundraiser for a number of charitable and deserving causes, though it is cancer research that lies closest to his heart after his mother Yvonne was diagnosed last year with IVC – the most aggressive form of breast cancer.

As an inflammatory form of cancer, IVC is often not detectable on regular check-ups, forming layers of disease as opposed to malignant nodules.

Despite, almost incredibly, now being on a steady road to full recovery, Yvonne still receives treatment every three months. She spent a considerable amount of time in the St. Margaret's Hospital, Epping, where she underwent treatment, and it is for that particular unit that her son Cody started his fund-raising crusade, which has now turned him into a mini-celebrity.

Self-taught after learning to play keyboards with a David Bennett Cohen DVD, Cody was first invited by a family friend to participate in a benefit event for the 'Jack Brown appeal'.

When Yvonne fell ill, Cody decided that he would like to do the same for her and the unit that treated her, as his way of saying thank you and giving something



From left to right: Andy Smart and wife Yvonne, son Cody, and Bruno Mariano, of the Vilamoura Atlântico Piano Bar.

back to those who saved his mother's life.

"When I saw what happened to my mum, like when all her hair fell out and she was bald, it was really scary and I never want any other child to have to go through it", he tells **The Portugal News** with a wisdom beyond his years.

"I want to keep playing the piano so I can raise money and hopefully find a cure for all cancers".

It is a hopeful mission, one that seems enormous for such a small person, but it is one that Cody's parents encourage him to carry out, assuring him that "nothing is impossible".

In total, the Breast Cancer Control benefit concert raised approximately €3,700, brought in from the auction of three, authentic and fully signed football shirts, of the Arsenal team and National England squads, as well as one by Cristiano Ronaldo.

These alone raised a major part of the proceeds, plumped out by a raffle and the selling of Cody's autographed CDs.

This amount will be split between Faro Hospital's Algarve Oncology Association, and the St. Margaret's Hospital cancer unit, also affiliated to the Princess Alexandra Hospital.

During his stay in Portugal Cody was kindly allowed by Tavira town

hall to practice on the *Misericórdia* church's piano, something the locals found rather delightful. For this he and his parents would like to thank Tavira town hall, as well as Penn Elcom, for supplying him with parts for a flight case for his travelling piano.

## São Lourenço winter fayre

The Winter Fayre at the Escola Internacional São Lourenço in Almancil is one of the most anticipated Yuletide events held locally, and this year is no exception. The date has now been finalized - Saturday 17th November - 1.30pm till 4.30pm. As always, there will be a large range of stalls and activities, and you will be able to buy everything from Christmas food and goodies to local crafts and stocking fillers.

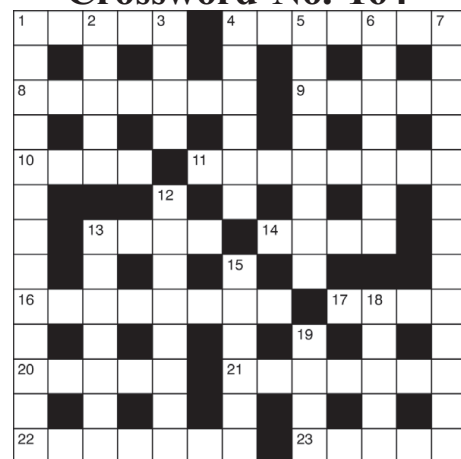
This year the event is again being held to raise funds for the São Vicente home for mentally and physically handicapped in Albufeira. Last year's Fayre

raised enough money to build and equip a bathroom for the home, with wheelchair access in the shower and a bath that lowers the chair down into the water with no need for lifting. A big thank you to everyone who came and contributed last year - thanks to you, the residents can now enjoy a bath and shower.

All funds raised at this year's event will be used to fix the roof at the home, which is badly leaking and in drastic need of repair.

If you are interested in having a stall at this year's Winter Fayre, please contact Andrea Graham on 912 308 422.

## The Portugal News Crossword No. 164



Last week we published the wrong grid with the crossword clues. We apologise if this spoiled your fun.

### QUICK CLUES

#### ACROSS

1. Bay (5)
4. Speak to (7)
8. Stream (7)
9. Spectacle (5)
10. Nimble (4)
11. Sheath (8)
13. Quote (4)
14. Adroit (4)
16. Tanned (8)
17. Blemish (4)
20. Existence (5)
21. Ancient (7)
22. Ingredient (7)
23. Urge (5)

#### DOWN

1. Untrustworthy (13)
2. Prise (5)
3. Incline (4)
4. Assault (6)
5. Incapacitated (8)
6. Graceful (7)
7. Resolution (13)
12. Contend (8)
13. Trust (7)
15. Undamaged (6)
18. Umbrage (5)
19. Cease (4)

### QUICK SOLUTIONS No. 163

**Across:** 3 Physician; 8 Over; 9 Unmindful; 10 Strong; 11 Sheen; 14 Admit; 15 Lure; 16 Exile; 18 Long; 20 Error; 21 Drive; 24 Dismal; 25 Burlesque; 26 Onus; 27 Infertile. **Down:** 1 Constable; 2 Reprimand; 4 Hang; 5 Smith; 6 Cudgel; 7 Agree; 9 Unite; 11 Spine; 12 Nutritive; 13 Heartless; 17 Eerie; 19 Grille; 22 Visit; 23 Burn; 24 Dull.

## su | do | ku

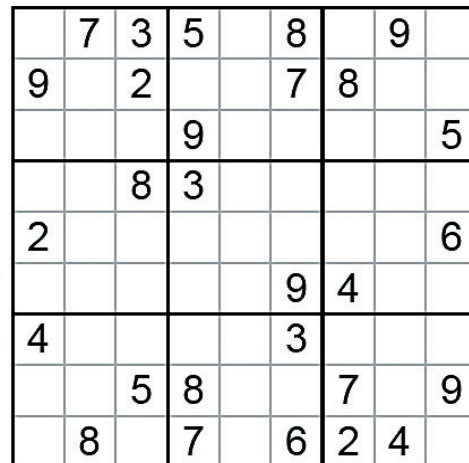
Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it.

There's no maths involved. The grid has numbers, but nothing has to add up to anything else.

You solve the puzzle with reasoning and logic.

It's fun. It's challenging. It's addictive!

Solving time is typically from 10 to 30 minutes, depending on your skill and experience.



Last week's solution:

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 2 | 9 | 8 | 1 | 3 | 5 | 7 | 6 | 4 |
| 7 | 4 | 5 | 9 | 6 | 8 | 3 | 2 | 1 |
| 6 | 3 | 1 | 2 | 4 | 7 | 9 | 5 | 8 |
| 5 | 2 | 9 | 7 | 1 | 3 | 8 | 4 | 6 |
| 8 | 1 | 7 | 4 | 5 | 6 | 2 | 3 | 9 |
| 4 | 6 | 3 | 8 | 2 | 9 | 1 | 7 | 5 |
| 3 | 7 | 4 | 6 | 9 | 1 | 5 | 8 | 2 |
| 9 | 5 | 2 | 3 | 8 | 4 | 6 | 1 | 7 |
| 1 | 8 | 6 | 5 | 7 | 2 | 4 | 9 | 3 |

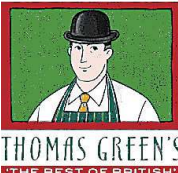
For **tips** on how to solve Sudoku puzzles, browse the **forums**, go to [www.sudoku.com](http://www.sudoku.com)

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# A blooming marvellous career



Kirsty King is probably better known for her role as Charlie Dimmock's sidekick on the hit TV garden show *Groundforce*, but she was also the guest Judge at the International Algarve Fair in September, carrying out the task of deciding which of the region's participating landscape designers created the loveliest garden. It was a tough decision, but *Greenfingers'* 'Garden of Tranquillity' reigned supreme.

Kirsty has enjoyed a long and successful career in gardening and landscaping.

She first started out when she was 16, inspired by her grandmother and a high school teacher.

"When you spend time around people who are passionate about gardening it's really hard not to get caught up as well. It will change your life", she says.

After studying the subject in university, earning a degree and going on to work for other landscaping companies, Kirsty was eventually offered a job on BBC's cult show *Groundforce*.

"It was fantastic working

with Charlie, Alan and Tommy. Alan has the most incredible knowledge. I learnt a lot from him, his knowledge is massive. He is a lovely guy as well".

For the past nine months Kirsty has lived in Spain with her husband Steve and their new baby, where they have also established their company Alumashade.

Alumashade specialises in natural, wood-effect pressed aluminium, which blends perfectly into any garden.

An Alumashade structure increases the value of your property while affordably adding outdoor living space.

Your Alumashade structure



Photos on this page show various aspects of the garden Kirsty created for the International Algarve Fair

can be attached to your home or freestanding creating a private retreat, entertainment area or

landscaping focal point. If you require added shade but still prefer partial sun to shine through, an Alumashade structure is the **ideal solution**.

A perfect example of what can be done with the product

was displayed on their stand, using the waterproof and weather resistant aluminium to create a beautiful pergola.

Even though it wasn't in the running for a prize, Kirsty's Alumashade garden attracted

many admirers, who both wanted to meet Kirsty as well as admire her blooming beautiful creation.

For more information, see Alumashade's website: [www.alumashade.es](http://www.alumashade.es).



Kirsty King chatting to The Portugal News' Carrie-Marie Bratley





*The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and be of no more than 300 words to: The Portugal News, Apartado 13, 8401-901 Lagoa. Fax: 282 341 201. E-mail address: letters@the-news.net*

### Justice System ... becoming a joke!

SIR, I have just read the article on page 11 of this week's issue (20th October, 2007): Cop killers sentenced to 22 years. My deepest sympathies lie with the widow and family of Police Chief Sergio Martins for her loss - and the fact that, when these convicted killers appeal their sentence, they will be freed after 18 months in preventive custody.

I have been closely involved with the inquiry and subsequent trial and conviction of three Romanians charged with the qualified homicide of John Turner, a British businessman beaten and murdered in his bed as he and his wife slept, in April 2005. These men, also, were sentenced to 22 years in prison and have filed an appeal with the courts. Due to the new penal codes, they are now out on the streets, free to come and go as they please with the only proviso that they check in at a police station on a daily basis. I have tried, to find out which police station this may be, but without success.

Mrs Turner is a close friend and I have watched as she has slowly come apart at this news. Two and a half years after the vicious and unprovoked attack, she was on the way to healing and becoming almost her old self again. Needless to say this has been a major setback in her recovery and has certainly made her rethink her decision to spend any amount of time in Portugal again, naturally so.

For myself, having been very unsympathetic to the killers during the trial, I am quite fearful for my own safety. When I visited

my local GNR station to ask for a little police presence in my area, I was told that I would have to apply to the courts for protection. When I pointed out that I was only asking for police patrols in my area, not protection as such, I was again told I would have to apply to the courts. Is it any wonder I am slowly becoming disillusioned with the justice system in Portugal?

NAME & ADDRESS WITHHELD

### Thank you/obrigada!

SIR, I would like to thank you sincerely for the beautiful notice you gave me in this week's The News. (Gudrun Robinson. Tapestry Exhibition, Pinheiros Altos Golf Club). It is a pleasure working with you, all my contact details are correct, and I could not have had better coverage. A really professional job well done.

GUDRUN ROBINSON, S. Bras de Alportel

### Ref: A. Nobre's letter

SIR, I read with interest the letter from A. Nobre, re. "Torture by noise in Albufeira". Actually, he can consider himself lucky staying in Av. da Liberdade. If he was to move a few hundred yards up the road to the streets above the square where we live he could 'enjoy' the constant noise at night from The Bank Restaurant. This place must have the loudest sound system in Europe. From 1pm to 1am there is a live band, followed by a disco from 1am to 4am - the noise from which has to be heard to be believed. The decibel reading must be three times over the legal limit, yet nothing

has been done about it.

We have high quality double glazed windows and doors but with all these closed we still need earplugs in order to sleep. A lot of our Portuguese neighbours are elderly and this constant noise at night is ruining their (and our) lives. Many tourists staying in rented accommodation here have said that they will not return because of this noise. I would be interested to hear of any other residents whose lives are being blighted by this noise, with a view to taking some action.

Finally, Mr. Nobre mentioned the 'so-called Old Town'. How true this is, instead of the old traditional square with a beautiful tiled fountain, lovely wrought iron benches and lamp posts shaded by native Portuguese trees, we now have a characterless slabbed platform with palm trees and a few concrete slabs for seats - all lit by lamps that belong in outer space!

Wake up the Câmara Municipal of Albufeira - this is not what the mayor recently called 'a better class of tourist' wants to see in the Old Town. What was once a charming place to visit and to live in is turning into just another noisy, rowdy resort. Shame!

SHARON, Albufeira

### Cna you raed tihs?

SIR, Encouraged to read and write from a very early age, I have always been fascinated by the English language and how we manage to master its many quirks. I have always been a fusspot about spelling and while accepting that the brain works in mysterious ways to perform its many functions, I remember being really shocked at some research on the subject that emanated from Cambridge a while back.

"It seems you dno't hvae to be smrat poelpe to raed tihs. I cdnuolt blveie taht I cluod aulacty uesdnatnrd waht I was rdanieg. Aoccdmign to rschearch

at Cmabrigde Uinervtisy, the phaonmneal pweor of the hmuam mind maens it deosn't mtttaer in waht oreder the ltteers in a wrod are, the olny iprmoatnt tihng is taht the frist and last ltteers be in the right plcae. The rset can be a taotl mses and yuo can stlll raed it wouthit a porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Amzanig eh?"

And Iawlyas tghuhot spleling was ipmorant!! If you can raed tihs psas it on!! It certainly helps to explain why no amount of proofreading will guarantee error free contributions to your Letters Page.

I like palindromes — words and sentences that read the same forwards or backwards. One of the shortest I have seen is: "Dogma: I am God" and one of the longest that does not stretch the rules of grammar too far is "Are we not drawn onward, we are few, drawn onward to a new era". One of the cleverest is the command "Level, madam, level!" which is not only grammatically correct in itself but each word is a palindrome. There are many much longer ones but they are often difficult to make sense of.

RON LAVERY, By e-mail

### Re: Letter about Sapo

SIR, Well, all I can say is, we too have had to spend up to 50,00 euros a month on calls to Sapo just to get back online, they keep you talking about nothing to do with what is happening, then when they think you have just [about] had enough they remedy the so called problem,

They used to say to me, erase the connection, then put the disk in to re-install. All this, you see, is money making for them.

Just how much are they getting through us Sapo users? And they say they have a policy of not [being] allowed to call the client!

I think they give a very bad service, when we pay each

month, and on top of that you have the phone bill, which in itself has a line charge too!

Lets hope that Sapo gives us free service calls soon.

CAROLINE SMITH, By e-mail

### Buyer beware!

SIR, I send this note to warn your readers that, although we are growing used to much improved customer service here in the Algarve, there are still many sharks out there! It remains that the bigger they are, the more dangerous.

I am remodeling the house and kitchen, so to solve the temporary cooking problem, I purchased a microwave from Radio Popular in the Retail Park, Portimão. It worked well for two months until the door refused to open with lunchtime soup inside! After much pulling and tugging the door sprang open and lunch was served. Not wanting to repeat the problem at dinner time, I put the microwave in the car and drove to Radio Popular confident that replacing it would be a cinch as it was only two months old and (for once!) I had the receipt. No way Jose! After 2 months Radio Popular will offer no refund or exchange until the machine has been found to be irreparable, and that takes 20 days.

Only after I insisted was I able to speak to the manager, who simply confirmed the customer unfriendly service policy and pointed out the notices around the store ... how I wish she had done that before I made my purchase! I was not even offered a loan model, which would have helped.

Needless to say I am totally dissatisfied and can only think back to the cheap and cheerful fryer I returned to Worten after 6 months, which was replaced immediately, I could have received a full refund if I had wished. Guess where my money will be spent in the future?

NAME & ADDRESS WITHHELD

*Generally, in Portugal goods can only be exchanged or refunded within 15 days of purchase provided they are returned with the purchase receipt. (This fact is usually printed on every receipt.) Additionally all goods in Portugal are guaranteed for two years compared to the UK, which is only one year. Ed.*

### Merrylegs

SIR, It is now half term and Merrylegs Kennels is over full again, as it was July, August and September. (They have no licence so they have no restrictions on the number of animals they can accommodate.) The noise this week (and during the summer vacation) has been unbearable as, it seems, they do not have the physical

(soundproofing) or personal ability to keep the dogs quiet, and they obviously do not inform owners of badly behaved dogs or refuse to accommodate them.

They have been issued with an order to demolish this illegal facility, which is still valid - process number 88/02, which they have ignored. They have applied for planning permission, retrospectively, but have been denied it, in writing - process number 520/06 (re: Senhor Vieira and Arq. Pedro Pontes - Câmara Municipal Loulé).

Also, as verified by the Ministério da Agricultura do Desenvolvimento Rural e das Pescas - Direção de Serviços Veterinários da Região do Algarve, Merrylegs do not have a "Licença de Funcionamento para o canil - referencia 1296/DSVRAIlg/2007 (O Director de Services - Antonio Luis Gomes Madeira).

They are obviously lobbying their customers to support their illegal operation. However, these customers have to realise the unpleasant impact this facility causes the neighbourhood of Areiro - if they lived in the area they would undoubtedly be extremely unhappy too.

We are sure that most people would not support an illegal organisation. Therefore, now that they know the truth, we would respectfully request that they choose not to support Merrylegs out of respect for the residents of Areiro.

RESIDENTS OF AREIRO, By e-mail

### Angry and disillusioned resident

SIR, In May 2007, you reported on the Portimão Câmara, decision to allow four eighteen storey tower blocks to be constructed in Trés Castelos da Rocha, this would increase the population density by 400% over the 1991 predictions.

You reported the outrage felt by residents, who have invested large sums of money in buying quality apartments within five storey blocks as specified in [the] 1991 legislation. These buyers were assured that future buildings would be no higher than five storeys and have been completely misled by the Câmara's decision. Building four tower blocks on this sight is environmental vandalism of the worst type, which will lower the standard of the area for years to come.

Finally, João Faria, head of the CCDR (Regional Coordination and Development Committee), can see the problem (according to your report). Portimão Câmara needs to show vision and leadership on this issue.

NAME & ADDRESS SUPPLIED

# 338

## Portuguese for all.

Na lição de hoje vamos continuar a estudar a Voz Passiva.

Até à próxima lição, Emília Rosendo.

### The Passive Voice

#### Look at these examples:

- ▼ Ele bebeu o café.
- ▼ Ela bebeu a chávena de chá.
- ▼ Eles beberam os copos de refresco.
- ▼ Elas beberam as garrafas de água.
- ▲ O café foi bebido por ele.
- ▲ A chávena de chá foi bebida por ela.
- ▲ Os copos de refresco foram bebidos por eles.
- ▲ As garrafas de água foram bebidas por elas.

**EXERCISE: Read each sentence below and then write a new one with the same meaning. Begin in the way shown each time.**

1. O rapaz escondeu as bolas; meteu uma delas dentro do armário e a outra debaixo da cama.  
As bolas \_\_\_\_\_;  
uma delas \_\_\_\_\_  
e a outra \_\_\_\_\_

2. Eu varri esta varanda há pouco tempo.  
Esta varanda \_\_\_\_\_.
3. O nosso cachorro roeu os meus chinelos.  
Os meus chinelos \_\_\_\_\_.
4. Você meteu os sacos das compras aqui fora?  
Os sacos das compras \_\_\_\_\_?
5. Tu coseste esta camisa?  
Esta camisa \_\_\_\_\_?
6. Quem ferveu este leite? Era desnecessário!  
Este leite \_\_\_\_\_?
7. A Ana bateu as claras e eu mexi as gemas.  
As claras \_\_\_\_\_ e as gemas \_\_\_\_\_.
8. Os alunos aprenderam os verbos 'ser' e 'estar'.  
Os verbos 'ser' e 'estar' \_\_\_\_\_.
9. Ninguém compreendeu o que o Pedro disse.  
O que o Pedro disse \_\_\_\_\_.
10. No último programa, eles debateram problemas relacionados com o envelhecimento da população.  
No último programa, problemas relacionados com o envelhecimento da população \_\_\_\_\_.





# The Lusitania Seguros Trophy, the Royal British Club Cup and the Silver Jubilee Plate

The Estoril Golf Club hosted the Royal British Club Golfing Society members over two fine days of competitions.

On the 3<sup>rd</sup> October the Lusitania Seguros Trophy was in contention for the first time.

The Trophy, several bottles of 20 year old Port wine and plenty of gifts generously offered by the Portuguese Insurers Lusitania were greatly appreciated by all the attendees.

The proud winner of this Trophy was Teresa Muhlenbeck with 39 points followed by Richard Evans 2<sup>nd</sup> with 37 points, Chico Leite Monteiro 3<sup>rd</sup> with 36, Hans Ludolphi 4<sup>th</sup> with 35

points won on a count back from Derek McIvor 5<sup>th</sup> and Eddie Leitão 6<sup>th</sup> with 34 points. The Nearest to the Pin for Men was won by David Gray and Isabel Nygren won the Nearest to the Pin for Ladies. The Guest Prize was awarded to Isabel Costa Campos.

The Royal British Club sponsored the competition on the 4<sup>th</sup> October.

The Vice Chairman of the Royal British Club, Chris Barton, graciously presented the

RBC Cup to the winner David Gray who achieved 37 points and also won the Nearest to the Pin for Men. The RBCGS captain Graciete Gibbon was 2<sup>nd</sup> with 36 points and also won the Nearest to the Pin for Ladies. Chris Goulding 3<sup>rd</sup> with 35 points won on a count back from Carol Mason 4<sup>th</sup> and Eddie Leitão 5<sup>th</sup> with 34 points, not only won on a count back from Ron Goddard 6<sup>th</sup> but also took home the Newstead Cup. The Guest Prize was awarded to Isabel Costa Campos and the Cow Bell to Hans Muhlenbeck.

The Silver Jubilee Plate was awarded to Richard Evans for achieving 46 points being the best combined score of the two events followed by Teresa Muhlenbeck with 43 points who won on a count back from Eddie Leitão, David Gray and Graciete Gibbon. The prize for the Best Improved Golfer went



From left to right: Richard Evans winner of the Silver Jubilee Plate, Graciete Gibbon captain of the Society, Chris Barton the Vice Chairman of the Royal British Club, Teresa Muhlenbeck the winner of the Lusitania Seguros Trophy and David Gray the winner of the RBC Cup.

to Chris Goulding and Isabel Costa Campos won the Guest Prize also with 43 points.

In all, 27 prizes were awarded at the prize-giving lunch in the restaurant of the Club, and all members and

guests were presented with a beautiful Lusitania Seguros bag with goodies to take home.

The Captain of the RBCGS Graciete Gibbon thanked both Lusitania Seguros and the

Royal British Club for their kind support of this very memorable event.

They are now looking forward to the Portuguese Stone competition scheduled for the 1<sup>st</sup> November 2007.

## Bowls Algarve League Week Two update

Another fine day and another interesting set of fixtures in this year's league. At Tavira, the Tigers had a derby match against the Titans and narrowly won a close game by 48 shots to 45, taking 5 points to 2. The Harlequins were at home to ABC Cats and ran out 57 - 44 winners, with 5 points to 2 thereby maintaining their table topping position. VDL Wolves beat the Gladiators by just 4 shots, 48 - 44. The Gladiators took 4 points by virtue of their winning two rinks and the Wolves scored 3 points. In the final game, the Alvor Greens had a 10 shot win over the PDF Crusaders, 55-45 and 5 points to 2. This week

the PDF Sinners were resting.

At this early stage, the Harlequins have a three point lead at the top of the league table with 13 points, followed by the Greens on 10 and the Crusaders on 9 points. In fourth place are the Cats on 7 points, then come the Gladiators on 6 and the Tigers on 5. The Wolves have 3 and the Sinners and Titans 2 points each.

Each Club is currently running a Poppy Day pairs competition and the winner from each club will play in the grand final at Vale do Lobo, all raising funds for this excellent cause.

Alan Clarke  
League Director

## Algarve Archaeological Association November meeting

The next meetings of the Algarve Archaeological Association will be on Tuesday, 6<sup>th</sup> November. The first of the two meetings will be at the Junta da Freguesia de São Sebastião, Loulé at 2.30pm and the second will be at the Convento São José in Lagoa at 6.30pm. These meetings are open to the public at the small charge of €5 per person.

The speaker for November is Jill Lisk, a graduate of Bedford College, London and Oxford, who has taught at the Open University and is also a lecturer on cruise ships. She will speak to the Association on Peter the Great and Catherine the Great, the two founders of the modern Russian state. In the 1690s Peter became Tsar of a backward and landlocked Muscovy which was seen of small importance in European affairs. He opened a "Window on the West" by conquering the site of St Petersburg,

which he then built with its amazing boulevards and palaces. When he died in 1725, Russia was a leading naval and military presence in the Baltic and had become a major power in European politics. On the murder of her husband, Catherine the Great took power in 1762. German by birth, she consciously built on Peter's work in a brilliant partnership with Prince Potemkin and in correspondence with philosophers of the Enlightenment. Russia

owes her present great size to Catherine's huge territorial expansion south to the Crimea and east into Poland. By the time of her death in 1796 Russia was a European superpower.

This is one of the Associations' occasional history talks, and promises to be an unusual and fascinating glimpse into Russian history. As Jill is so popular on the cruise ships, it is certainly worth making the effort to hear this unusual talk.

# 1977

## Remember this year?

This was the year **The Algarve News** and **Two Weeks in the Algarve** were first published. They later merged and **The Portugal News** was born. Our celebration anniversary issue will be published in November and we are inviting our readers to submit any stories, memories and photographs relating to the past 30 years.

We can hardly wait to hear from you!



## Going Clubbing?

Are you a member of an association or group that deserves mention? Then this is **your opportunity** to tell the nation all about it; find new members, or maybe even start your own.

From **walking to wine tasting, golf to gardening, cricket to crocheting**, we would like to hear what **team activities** you enjoy in your free time, and what they are all about.

Send your stories and pictures to: [copy@the-news.net](mailto:copy@the-news.net)

## Vale de Milho Golf

*Ideal for short game practise!  
Ideal for family golf!  
Ideal for beginners!*



Vale de Milho - A9 hole, par 3 golf course, was designed by the Ryder Cup player Dave Thomas, to provide a real challenge throughout its 926 metres for all standards of players.

Facilities include a lounge bar, restaurant, a well stocked shop, snooker room and golf school.

"best designed (Algarve par 3) layout" - Greg Turner.  
"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

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# health

# Breathing

This is the first in a series of information about health and well being. So what do you think is the first thing we need to do to start on the path to good health and well being? It's what you need to stay alive on this planet. Yes! You have got it, **breathing**.

## There are 3 kinds of breathing::

1. Diaphragmatic/abdominal
2. Chest
3. Clavicular

How should we all breathe then? Well, study how a baby breathes, and no, not when they cry all the time! They actually breathe diaphragmatically i.e. breathing into the stomach first and then into the chest on a full breath. When you do breath in you need to breathe in through the nose and out through the mouth. By breathing in through your nose it can warm the air up if it is cold, make it less dry and also remove the impurities out of the air i.e. pollen etc.

Breathing correctly makes you less stressed, feel calmer, relax and helps you to slow

down. When you are breathing properly you use your lungs up to their maximum potential instead of the 60% people breathe in when not breathing diaphragmatically.

## The primary functions of the respiratory systems are:

1. Mobilizes fluid to nourish and remove metabolic waste from the central nervous system/brain.
2. Provides oxygen for cellular metabolism.
3. Maintains acid/alkaline balance.
4. Moves life-force energy (Chi, Prana) through the body.

When you breathe in you use your 2 nostrils and if you use them both most of the time then you are well balanced. If you pre-

dominately breathe in through your left nostril you are classed as a negative breather:

Bloodless in appearance  
Listless, sleepy  
Heavy  
No ambition  
If you breathe predominately in through your right nostril you are generally:  
Quick tempered  
Nervy, irritable  
Anaemic  
Always trying to accomplish more than is reasonably possible  
Generally suffer from low health

The world seems all wrong  
The well balanced breather, who uses both nostrils is obviously on an even keel and has energy and are:

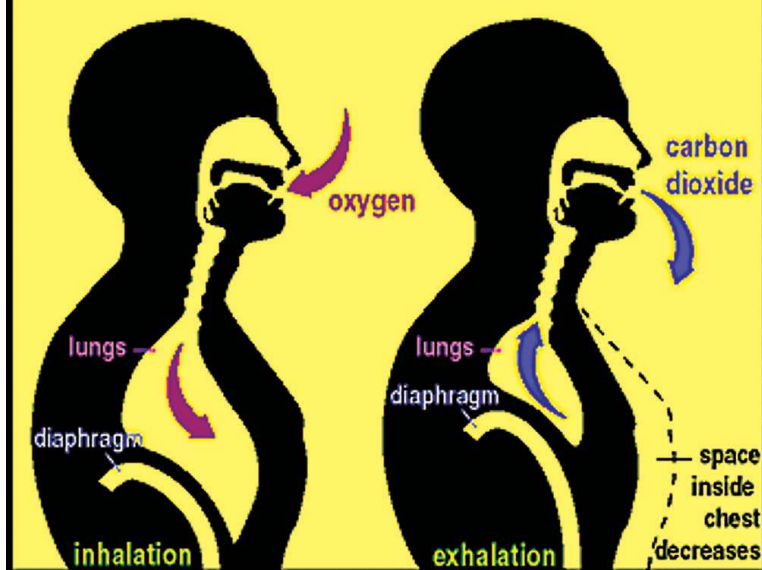
Calm and confident  
Happy  
See good in everything and every body  
Full of abounding energy  
Poise and power  
Strong in both mind and body

## Breath brings Chi or Prana - the vital force or life current in the body

A few more details about breathing as follows:

If you are restricted in one nostril more than the other you will get more injuries on that side of

## The Mechanics of Breathing



the body.

Breathe slowly when eating.

Your left nostril is better to breathe through for bed.

Your right nostril is better to breathe through for music.

The rah sound is the most relaxing sound. The eel sound gives you a buzz.

They say more than 15 breaths per minute is a stress signal.

To breathe pleasure: breathe out, hold until you need to breathe in and feel the joy when you breathe back in.

## The Five Qualities of Breath (By Ken Cohen)

1. The breath is SLOW: breathing is not hurried or anxious.
2. The breath is LONG: like a

long river, flowing on and on without breaking.

3. The breath is DEEP: sinks low in the body all the way to the abdomen.

4. The breath is SMOOTH: sinks like silk.

5. The breath is EVEN: evenness means that you do not favour any particular stage of the breath, inhaling or exhaling. Inhalation and exhalation flow one into the other. Nor do you favour any particular part of the body. Even-

ness of breathing means that the front, the back, the upper and lower body are all able to move and be open to the experience of the breath.

## ASSESSING YOUR BREATHING

This simple exercise will enable you to get a good idea of what kind of breather you are, either a chest or a belly breather. Place your left hand in the middle of your chest with your right hand over your navel. Breathe normally. Look

## Good health!

Good news, milk fans. Research released this month shows that drinking a pint of the white stuff or eating yoghurt helps ward off a condition linked to diabetes and heart disease.

A study found that dairy products helped cut the prevalence of metabolic syndrome, which is thought to affect up to a quarter of the UK population. Sometimes called 'insulin resistance', it causes problems in the body's metabolism, leading to body fat around the abdomen, high cholesterol and high levels of glucose in the blood. It's also linked to heart disease, stroke and Type 2 diabetes.

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Karen



at your hands and take note of which hand moves more than the other when you breathe. If your left hand is moving more than your right it is a sign that you are a chest breather. If your right is moving more than your left then it is likely that your breathing is essentially diaphragmatic in nature.

#### Is breathing your problem?

The following questionnaire is designed to help you assess the efficiency of your breathing. Score each question as indicated and then add up your total score.

1. Having assessed what kind of breather you are with the above exercise, do you rate yourself as a:

- Chest breather? - 8 points
- Belly breather? - 0 points
- Somewhere in between? - 4

points

2. Can walking up just one or two flights of stairs make you very breathless?

- Never - 0 points
- Sometimes - 2 points
- Often or always - 4 points

3. You are sometimes aware of the need to take a big breath of air at rest?

- Never - 0 points
- Sometimes - 2 points
- Often - 4 points

4. Do you consider yourself as a:

Generally relaxed individual who is not prone to bouts of anxiety or stress? - 0 points

Highly strung and anxious individual who quite often feels anxious or stressed out? - 4 points

- Somewhere in between? - 2 points

5. Count the number of breaths you take in a minute at rest (no sooner than an hour after any form of exercise). Do this 3 times during the day and average the result. Is the number of breaths you take in a minute:

- Between 5 and 9? - 0 points
- Between 10 and 15? - 3 points
- 16 or more? - 6 points

#### INTERPRETING YOUR SCORE

0-9 Your answers to the questionnaire suggest that you have good breathing habits and that poor breathing is unlikely to be an issue in your weight or health issues.

10-16 Your answers to the questionnaire suggest that your breathing habits may benefit from breathing exercises.

17+ Your answers to the questionnaire suggest that your breathing pattern is not healthy and that you would almost certainly benefit from practising breathing techniques on a regular basis.

Over forty years ago a Russian scientist by the name of Professor Buteyko developed a breathing system designed to reduce over-breathing and reduce the effects of chronic illnesses including asthma and emphysema. This method is becoming increasingly recognized as a useful tool in the treatment of ill-health. More details of the Buteyko method via the website: [www.buteyko.com](http://www.buteyko.com)



Breathing Tape by Andrew Wyle

Book: Breaths That Renew Your Life by E.Dingle

If you can change your breathing you can change your life!

Acknowledgements: E.Dingle, Ken Cohen, Dr John Briffa and Paul Chek

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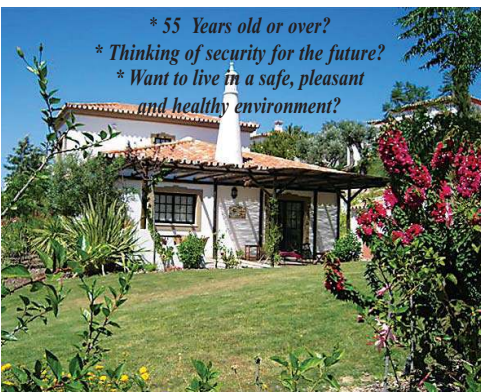


Founded in the mid-1980's, the British Retirement Home is situated in a quiet cul-de-sac near the beach, within easy walking distance of the centre of Sao Pedro do Estoril, on the Lisbon-Cascais railway line. Open to residents of all nationalities, it comprises 10 unfurnished apartments with a kitchenette and an en suite bathroom as well as 8 individual rooms with private bathroom for those who are less independent. 24 hour Care Support is provided by a bi-lingual team, headed up by a registered Nursing Sister. Links with the local community ensure a steady flow of volunteers to help with outings, shopping trips and social events.

Non-residents are welcomed on a daily basis or for short-term stays for recuperation or holiday periods.

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# Pampered in Provence

A jagged bolt of lightning split the sky as storm clouds rolled in over the pre-Alps. Viewed from the comfort of the hotel's outdoor Jacuzzi it made a dramatic, if slightly surreal scene.

This was hardly the weather we were expecting on a late May/early June visit to Provence and the Cote D'Azur. When it cleared, the surrounding mountains were swathed in snow, making the panorama even more breathtaking.

But fortunately, the storm, which soon broke directly overhead, was a meteorological blip in an otherwise hot and sunny stay in the south of France.

Surprised locals assured us it was a once-in-a-decade occurrence and we considered ourselves lucky, in viewing terms at least, to have had a small taste of winter in the early French summer.

The base for our stay was the studied elegance of Le Mas

for their every need.

Many of the 40 opulently furnished bedrooms have verandas with long distance views. Ours featured a marble bathroom with 'his' and 'her' basins and a TV for those who don't want to miss their favourite programme while relaxing in the bath.

Outside, the hotel grounds feature a large infinity pool with poolside terrace and bar, and a smaller private pool, especially suitable for children. There's also a sauna, fitness room and a grassy sun terrace.

But it is the Shiseido Spa that helps set Le Mas Candille apart from many other well appointed residences.

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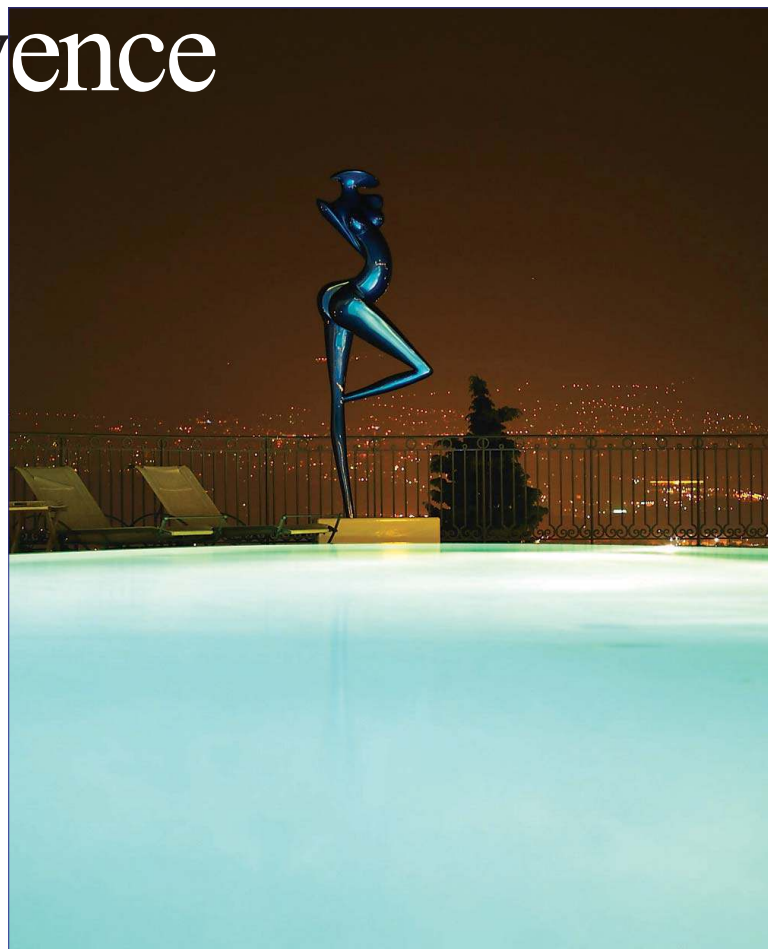
ourselves away from the hotel, the village of Mougins, just five minutes walk away, is well worth a visit.

At one time it was considered more important than nearby Cannes, and the surviving ramparts and Saracen Gate testify to its power in the Middle Ages.

Today, it is a fascinating mix of narrow streets and alleyways, art galleries, cafes and restaurants to suit all pockets.

Picasso discovered Mougins in 1935 and moved to live there from 1961 to the end of his life.

While his former house cannot be visited, the free Musee de la Photographie, in the village centre, features a whole floor of black and white photographs depicting the great man at work



and play locally, providing a flavour of his time here.

Walking around the peaceful and unspoiled village it's easy to see what drew him and fellow artists like Man Ray to the area.

One of the most interesting art galleries is situated in Le Lavoir, an old covered wash-house, allegedly still used by some "determined" laundresses today.

Mougins is also an excellent base to explore the region, with Cannes just 25 minutes away by bus; Nice a 30-minute drive, and the rest of the French Riviera nearby.

The area is ideal for gourmands and food and drink are sure to figure large in any holiday here.

Le Mas Candille has its own Michelin-starred restaurant

featuring panoramic views of the mountains.

On summer's evenings guests can dine al fresco while chef Serge Gouloumes puts his culinary skills to use in producing a truly gourmet experience.

Our six-course dinner featured such delights as slender

slices of chicken braised with champagne and black summer truffles.

The meal was delicious and well complimented by the wines, chosen by the wine waiter to accompany each course.

Wonderful though this was, I've got to say that no stay in



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Candille, an award-winning four-star deluxe spa hotel, situated in the medieval village of Mougins.

Like much of southern France, Le Mas Candille is very popular with British visitors. Converted from an 18th century olive farm, it is perched on a hillside with extensive grounds and views to Grasse and the mountains beyond.

The hotel oozes period charm while offering visitors the latest in modern amenities to provide

Western practices - a range of treatments are available to relieve stress and promote relaxation.

They range from a 30-minute manicure to a four-hour 'ultimate pampering' session.

While I opted for a wonderfully relaxing and rejuvenating one-hour back care treatment, my wife had a 90-minute 'time balance' facial treatment, which she assured me was better than any she had experienced in England.

Difficult though it was to tear

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Remember this year?

This was the year **The Algarve News** and **Two Weeks in the Algarve** were first published. They later merged and **The Portugal News** was born. Our celebration anniversary issue will be published in November and we are inviting our readers to submit any stories, memories and photographs relating to the past 30 years.

We can hardly wait to hear from you!







Mougins would be complete without a visit to Le Moulin de Mougins, the acclaimed restaurant run by chef Alain Llorca and rated by at least one guide as one of the greatest in the world.

Located in a 16th century oil mill just outside the village, it certainly isn't cheap. For this restaurant is a haunt of the stars, the well-heeled and well-connected. Just the week before we visited, with the Cannes film festival in full swing, Sharon Stone and Halle Berry were among the celebrities to eat there.

On our visit, Alain welcomed us with champagne cocktails before cooking a specially prepared meal served to us in a roomy, comfortable and elegant dining room by his friendly staff.

A series of subtly crafted, very different, but complimentary dishes - including foie gras, cuttlefish and truffles - floated by.

Even the arrival of a hand towel was done to dramatic effect. Placed end up on a large plate, it wasn't until the waiter poured hot water over it and the towel expanded that we realised what it was!

The dessert was even more spectacular - a kind of chocolate bombe, which collapsed when hot chocolate sauce was poured over it, revealing raspberry sorbet inside.

Expensive, yes, but for a unique gastronomic experience Le Moulin de Mougins is well worth pushing the boat out. It's an ideal addition to a relaxing stay at Le Mas Candille.

#### TRAVEL FACTS

:: Trevor Mason flew with bmi, which flies Heathrow-Nice daily, from €55/£38 single. Book early for the best deals on [www.flybmi.com](http://www.flybmi.com), and take advantage of the new fast bag drop.

:: As a package, Kirker Short Breaks offers two nights' B&B



Pictured above: A view of La Croisette, Carlton Hotel, and beach at Cannes, where the famous Film Festival takes place; left: A petty Epicerie in the village of Mougins; below: Le Moulin de Mougins restaurant, South of France; and bottom: The Spa, Le Mas Candille Spa Hotel, Provence, South of France. Opposite page - right: The pool at night, Le Mas Candille Spa Hotel, Provence;

and left: Le Mas Candille Hotel at night. (All photos: Press Association)

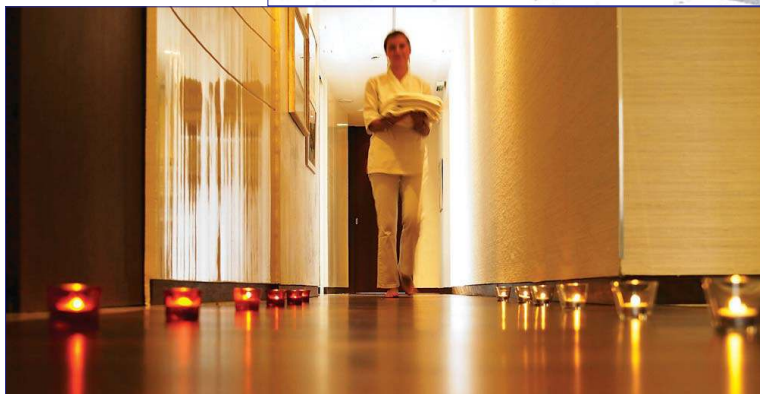
at Le Mas Candille, scheduled flights ex-Heathrow and car hire from Nice Airport for €940/£656 per person on departures to October 31, 2007.

:: Prices at Le Mas Candille start from €320/£220 per room per night in low season. For reservations: 00 33 492 28 43 43 or [www.lemascandille.com](http://www.lemascandille.com)

:: For reservations at Le Moulin de Mougins, which also has bedrooms and apartments: [www.moulindemougins.com](http://www.moulindemougins.com) or 00 33 493 75 78 24. Its renowned La Ronde des Tapas, featuring 11 small dishes, costs around €165/£115.

:: For resort information call the French Government Tourist Office on 00 44 (0)9068 244123 or visit [www.franceguide.com](http://www.franceguide.com)

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# Keep warm in cool coats

Turn up the fashion barometer and keep snug in the pick of this season's winter coats.

Forego the statement shoes and designer bags, if there's one big investment you need to make this season, it's a new winter coat. A style-savvy coat not only keeps the elements at bay, but

gives you a fashion-forward look, whatever your outfit.

As always, the designers went to town on weird and wonderful coats on the Autumn/Winter catwalks, but wearable key trends emerged which have infiltrated the high street.

"From padded to brocade, coats came in many forms this season, but the most fashion forward is the 'curvy' coat," says Grazia magazine's Lucy Dunn.

Yes, the waist trend is being worked on outerwear too. Lucy explains: "What you need is a waist-whittling statement of a belt to enhance your womanly curves. If your favourite coat doesn't have a belt, just add one of your own. Wear casually with flat riding boots or glam up with platforms and a superclutch."

Hit the high street and wrap up warm this winter in our pick of the most coveted coats.

## Curvy cuts

Thigh-skimming cocoon and cape styles are the shapes to be seen in this season. The look is all about creating volume without masking your body shape. By keeping your chosen style above the knee and belting up, you won't risk drowning out that all-important womanly silhouette.

Features like big collars, oversized pockets or bell sleeves will really make you stand out from the crowds.

## Super-brights

Who says sunglasses should be saved for summer? With this season's super-bright coats, your eyes may require protection! Bright coats are perfect for fashionistas who crave a bit of drama. With that deep injection of colour, they're also the perfect antidote to all those drab winter shades in your wardrobe.

From cool greens and blues to hot reds and pinks, the winter forecast is decidedly bright.

## Military precision

Classic military styles are a

sure-fire hit on the fashion front this winter. From a classic double-breasted trench to razzle-dazzle embellished numbers, there'll be one to help you stand out from the ranks.

In Style magazine's Charlie Moore says: "A little bit of uniform goes a long way and designers fell into line with epaulettes, double-breasted coats and no-nonsense boots."

"Some designers even added medals and badges for a bit of regimented bling."

## Bodacious belted

This season your waist is your most important asset and there's no better way to work those womanly curves than with a belted coat.

The classic trench was still a key influence on the catwalks and is unlikely to fade out of fashion if you want to splash out on a pricey number. To embrace a tougher look, head for patent or leather styles.

Lisa Haynes

## Colour shock

Hair feeling stripped from the summer months? Revive your locks with some colour.

Now that the sunshine has faded away, so too has our hair colour. After all that sun, sea and sand of the summer, hair is often left looking stripped or dull so now is the perfect time to give your locks a lift for the winter months.

"Just as fashion has a seasonal colour change - so too should your hair," says Lisa Shepherd, The Hair Colour Doctor.

"You will usually be wearing darker clothing during A/W (Autumn/Winter), so the hair that you had to go with your summer wardrobe just won't look right."

Whether you want dramatic change or subtle hints, colouring your hair is a great way to update your look for the new season ahead. Hit the hair dye and brighten up for the winter months.

## Autumnal Colour

Whether, you're blonde, brunette or redhead, deciding to change the colour of your hair can be a big step, especially for those who've never hit the dye bottle before.

But what shade do you plump for to suit your colouring but still make an impact?

Lisa says: "In autumn you need to add a bit of richness to your hair to offset darker clothing colours and warm up paler complexions. Blondes can add in some darker toffee tones to their hair, whilst brunettes can add bronze pieces."

"If you are naturally a redhead then make the most of it this autumn and transform your hair into a richer and brighter shade."

You need to bear your complexion in mind too when you're considering a colour change for autumn.

"As a general rule, pale and pinky-toned skins look better with cooler tones like creamy blonde and caramel," Lisa advises. "Olive skins can take warmer shades. If you aren't sure, neutral shades of coffee, chocolate and biscuit suit virtually everyone."

## Semi Chic

If you haven't got the cash to splash on a salon visit, invest in a good quality semi-permanent to give your tresses a glossy treat.

Lisa says: "Semi colours or toning mousses are great for reducing warm tones if you make a mistake and also for refreshing blonde tones."

## Colour Care Tips

Unless you take the plunge and go permanent, hair colour can fade over and out long before you're ready to bid your new shade adieu.

"Whether your hair is naturally highlighted or colour treated, it's vital to follow a maintenance regime that enhances your hair's contrast and shine and keeps your colour looking its best," Amie advises. Keep hair colour brilliant and bold in between salon visits by following her golden rules:-

After washing, comb through a conditioner to detangle longer lengths. After rinsing, pat dry gently with a towel. Ensure that you don't rub vigorously as colour treated hair is weaker when wet and can become tangled.

Sleek styles are great for showing off newly-highlighted hair. Camouflage roots as your hair grows by wearing your hair slightly more tousled.

Colour should be refreshed every 8-12 weeks depending on the shade and how quickly your hair grows but specialist colour products can boost shine so colour and highlights look brighter for longer.

To maximise the glamour of coloured hair use an intensive moisturising treatment once a week.

Lisa Haynes



Photo: Anita Cox.



Bright coats are perfect for fashionistas who crave a bit of drama. (Photo: Press Association)

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# Stop the itch

Up to one in five children suffer from eczema, yet the exact cause of the condition is still unknown. What are the triggers and symptoms, and how can parents best treat affected children.

It's not only children who have problems with childhood eczema - their parents suffer too, and 15% feel the whole household is disrupted.

"When one person in a family has eczema, everyone can be affected," says National Eczema Society chief executive

Margaret Cox.

"A child with eczema may wake several times a night because they've scratched so much

they need bathing, or because they need more cream putting on. This can really take its toll on parents."

Eczema manifests itself as a dry, itchy red rash which can sometimes weep and bleed if scratched. Although there are many forms of the condition, most children who suffer from it have atopic eczema, which often occurs when there's a strong family history of atopic or allergic disorders like asthma, eczema, hayfever or

food allergies.

It can start in babies from about the age of two months, and treatment is usually limited to the application of emollient creams if the condition is under control, or steroid ointments if there's a flare-up.

Recent research on atopic disorders has found that a genetically-produced protein called filaggrin is linked to the cause. Filaggrin is essential in forming a protective layer at the surface of the skin that keeps water in and foreign organisms out, and reduction or complete absence of it leads to impaired formation of the skin barrier.

As a result, the skin dries out too easily and its outer layers are poorly formed and flaky. As well as keeping water in, the skin barrier normally keeps foreign substances out, so where there's reduced filaggrin, foreign substances can easily enter the skin and trigger an immune response leading to eczema.

"There's a tendency to have reduced protection in the skin when a person has eczema," says Dr Colin Holden, president of the British Association of Dermatologists.

"The environment we're exposed to is putting more pres-

sure on the skin, and irritants like detergents get through the skin and eczema starts."

Flares of the condition may be reduced by the avoidance of possible triggers, such as soap and detergents, house dust mites, pet hairs and over-heating.

It's also a good idea for parents to dress children in cotton clothes, avoid perfumed soaps and bubble baths, and wash clothes in perfume-free soap powder.

"There probably isn't one single reason for eczema, and you can't put a child in an isolated bubble to try to protect them from all the possible causes," warns Holden.

"You have to let them have the experiences of childhood, and strike the right balance between trying to protect them, and letting them live their lives."

Fortunately, although there are no guarantees that a child will grow out of eczema, 60-70% of them are virtually clear of the condition by puberty.

But, for those who haven't yet outgrown it, Holden stresses: "You can't really get rid of the problem, but you can do a lot to make it less severe."

Lisa Salmon

## Ask the expert

**How can I get my overweight child to do more exercise and spend less time watching TV?**

A spokesperson for The National Obesity Forum says: "Start by aiming to reduce the time spent in inactive pursuits, but make this a goal for the whole family and not just the child who is overweight."

"Encourage more physical activity through play with other children - walking, physically active games, swimming, dancing, cycling or through participation in school or community sport. Can any

car journeys be replaced by walking?

"Similar to recording eating habits, children could be encouraged to keep track of the amount of time they spend doing something active and the amount of time they are sedentary."

"The family could decide upon ways in which they could increase their levels of physical activity and set goals to achieve defined targets."



PHOTO: Press Association

**Research shows that half of all under-age drinkers are given alcohol by their parents, but is there anything wrong with this if it's just to make sure they learn how to drink safely and in moderation?**

Norman Wells, director of Family and Youth Concern, which promotes stable family life, says: "There's a vast difference between parents allowing their children to have a glass of wine at a family celebration and parents allowing their children to get into the habit of drinking alcohol regularly."

"The links between excessive alcohol consumption and accidents, disease, crime, and underage sex are well established. Parents can therefore

never afford to take a casual, laid-back approach to alcohol. It's important that they set an example of moderation in their own drinking habits and, if they allow their children to drink any alcohol at all, always to keep it under close supervision."

"It's also important for parents to know where their children are and what they're doing, and to make sure they don't find themselves in situations involving alcohol that they lack the maturity and self-control to handle."

## Three ways to

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1. Let your baby feed as often and for as long as she wants, offering both breasts at each feed.

2. Avoid using dummies, which may reduce the time

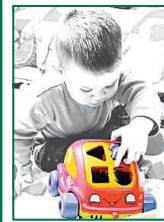
she spends breastfeeding.

3. Express milk after feeds, which will help stimulate your milk supply, and store it in the fridge or freezer.



PHOTO: Press Association

## CHILD / BABY SITTER



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## F.J.North's Retro Cocktail Arcade Cabinets



Whether you are looking for an unusual gift, something unique for your home or something striking to set off any games room or trendy décor: we have found it for you, a purpose built, hand made Retro Cocktail Arcade Cabinet, manufactured right here in the Algarve by games room specialists, F.J.North.

F.J.North's technicians take bespoke cabinets and pack them with over 200 pre-installed arcade games from yesteryear along with current arcade classics. The games list is massive including all-time favourites like Asteroids, Chase HQ, Donkey Kong, Double Dragon, Ghosts n Goblins, Mario Bros, PAC-MAN, Puzzle Bobble, Real Ghostbusters, Space Invaders, Teenage Mutant Ninja Turtles, Tetris, Trivial Pursuit and World Heroes.

The cabinet itself is available in black ash, oak and beech wood finishes and is manufactured using commercial grade components. The joysticks, buttons, speakers and the PC are brand new. The monitor is a full sized, pre-owned but fully refurbished arcade monitor which delivers fantastic high-resolution colour.

The entire cabinet (including the monitor) is provided with a 'no-quibble' 12 month on site warranty for total peace of mind. Measuring 115cm (L) x 73cm

(W) x 90cm (H) at its widest points, the cabinet has two joysticks and eight buttons, so two players can play against each other at the same time. Or, alternatively, one player can play solo.

It also features height-adjustable levelling feet, a powerful 50-watt speaker, 10mm tough glass top, and a robust PC based system.

It is literally plug and play. It has a simple to use game selection menu, allowing the player to select the game to be played using the joystick to scroll and the fire button to select. The game will then automatically load. There is no need for any programming or using a keyboard. For a full list of games, please contact F.J. North, or if there is a particular game you want included, just ask and the company will try to source it.

The cabinet usually retails at €2250, including IVA, delivery and the 12-month, 'no quibble' warranty, however, we have negotiated with F.J. North a special price of just €1750 for each and every Portugal News reader. That's a massive saving of €500. To get the cabinet at this special low price just be sure to put a deposit on a cabinet before the end of October 2007 and to mention this article. Easy.

F.J.North is the Algarve's leading distributor in both domestic and commercial games room equipment, so for anyone who has ever wanted their own pool or snooker table in the comfort of their home, a pinball machine in



their garage, a Ping-Pong table on their patio, an air hockey or football table in their conservatory or a dart board and cabinet on the games room wall, this is the company to call.

Coin-operated equipment is also available for commercial establishments. For more information please contact: Suzi (Domestic sales), 912 264 905, Steve (Coin-op trade), 917 846 242, for information in Portuguese call 919 855 026, or e-mail: info@fjnorth.net, or visit their website www.fjnorth.net.

## Revolutionary alternatives to general health concepts



'Thermal Image Processing' (TIP) and 'Stem Cell Harvesting' using skin tissue samples' are two groundbreaking approaches to early disease detection and prevention that are currently quietly stirring the medical world. In Portugal, both procedures are relatively unknown, though Dr. Bianca Töebben, practitioner at Armação de Pêra's Vila Vita resort, is at the forefront of both.

Dr. Töebben recently organised two seminars dedicated to promoting and offering a deeper insight into both innovative concepts.

In her native Germany, Thermal Image Processing is now generally accepted as part of conventional medicine by across-the-board practitioners. It is applied in general check-ups as well as specialist areas.

Thermal Image Processing uses the latest infrared technology to detect illnesses and irregularities within the body. It is particularly effective for the early diagnosis of breast cancer, though can be used to diagnose many other conditions in their earliest stages. It is a gentle, non-invasive procedure that is said to be highly effective when used in conjunction with other holistic therapies and gives accurate readings within 15–20 minutes.

An experienced General Practitioner with more than two decades' experience, Dr. Bianca Töebben turned to holistic medicine when conventional medicine failed to satisfactorily answer many of her questions. Alternative medicine seemed to hold a realm of possibilities in her quest for explanations, and she has since dedicated her career to exploring these possibilities and offering advanced holistic therapies to complement conventional treatments.

Developed by Maurice Bales, TIP is one of the newest forms of thermography, which



Drª. Bianca Töebben.

uses a technologically-advanced camera to detect infrared radiation in the human body and, by transforming it into heat, can pinpoint musculo-skeletal abnormalities.

This is particularly effective in relation to cancer cells, as TIP is able to differentiate between malignant tumours and fibrocystic growths, as growths contain no thermal signature. Another advantage is that, reportedly, TIP entails no radiation or side effects, as opposed to a conventional mammogram. It can be safely used on women of all sizes and ages.

Stem cell harvesting using skin tissue samples is another revolutionary, and somewhat controversial medical breakthrough. It offers the possibility for pa-

tients to harvest their stem cells whilst at their healthiest to save for a later date, should illness occur. After inserting stem cells into the skin the cells can re-develop into any human organic tissue and can therefore help in the regeneration of cells and organs within the body at a later date.

These can then be used to regenerate or boost failing muscles and organs.

Dr. Bianca Töebben is a specialist in both unique interventions and both are exclusively available from her practice in Vila Vita.

For more information, or to make an appointment, contact Dr. Bianca on: (+351) 914 635 661, or e-mail: mail@dr-bianca-toebben.de.

## Premier FX, making more of your money



Premier FX is a specialist currency exchange and mortgage company, established to make sure you make the most for your money. Despite being a relatively young company, established in Almancil in 2006, the directors have between them nearly 70 years experience.

The specialist currency exchange department was, initially, the business's sole purpose, run by Peter Rexstrew.

He was recently joined by Philippa Rowat, a mortgage expert who has worked in Spain and the UK and whose career spans more than 20 years.

Philippa thinks that, in Portugal, the mortgaging process and requisite documentation is quite similar to that in the UK, and whilst the Portuguese system may

appear somewhat irregular, it is in fact a very effective and fair system.

Premier FX offers an alternative to 'mortgage-shopping', where they do all the groundwork for you, ensuring the best possible deal for your money.

Basically, if you are looking to purchase property, own property and want to free-up equity, or have a construction project (developers or individuals), then Premier FX should be your first port of call.

Their experience and high qualifications mean the company is fluent in the language of finance, and are up-to-date with all the latest changes in bank promotions and legislation, perfectly matching your particular requirements to the best bank.

Specialising in offshore mortgaging, Premier FX works closely with a selection of leading banks looking to support

clients from buying a single property, through to the construction of an entire site.

Says consultant Philippa, "I was working with another mortgage company here when I was approached by Premier FX to open and head up a mortgage division for them. It is a very complimentary product to currency exchange.

I had a finance brokerage back in the UK and it's been interesting to learn the differences between the UK and Portuguese Banks. Generally speaking the process, in terms of documentation is very similar. The main difference is that they do not work on income multipliers here, they look at your net monthly income versus your net monthly borrowing commitment and the serviceability of your new mortgage".

"The Banks here tend to view you as non resident (even if you have residency) if you are not Portuguese and the products offered to this market have seen a number of changes in 2007 alone.

In April the changes to the regulations on early redemption penalties made it far easier for people to re-mortgage to better terms but the banks haven't really advertised this. The costs

associated by transferring from one bank to another are being met by the new bank, making the market as open to change as it is in the UK".

If you would like more infor-

mation, contact Premier FX on: (+351) 289 358 512, Philippa on mobile: 918 554 533, or e-mail: philippa.rowat@premfxx.com. Alternatively, see website: www.premfx.com.



# 1977

## Remember this year?

This was the year **The Algarve News** and **Two Weeks in the Algarve** were first published. They later merged and **The Portugal News** was born. Our celebration anniversary issue will be published in November and we are inviting our readers to submit any stories, memories and photographs relating to the past 30 years.

We can hardly wait to hear from you!





# PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 27 Oct 2007

## PROPERTY OF THE WEEK

### A beautiful villa in a prestigious location



Situated in the heart of the 'Golden Triangle', in Quinta das Salinas, Almancil, is this week's Property of the Week, a beautiful, three-bedroom villa on sale exclusively with Silver Holidays. It is located in a private cul-de-sac fringed by pine-tree woodland, within walking distance of one of the central/eastern Algarve's famous beaches and Ria Formosa nature reserve.

This means that not only is it a short drive to a number of the region's most acclaimed golf courses, in Quinta do Lago and Vilamoura, but it is also just 15 minutes from the airport. Peaceful and secluded, the idyllic location offers fantastic conditions for bird watching, walking, and many other outdoor activities to satisfy the most discerning nature-lover.

Through the front door to the right is a roomy, fully fitted kitchen, a wide-galley style room offering ample cupboard storage. Outside there is a separate laundry room.

Straight ahead from the entrance hall is a sizeable living/dining room, complete with a

woodburning stove and expansive patio doors that let in streams of natural daylight and lead to a raised terrace overlooking the pool.

Left from the lounge there is a large double bedroom, complete with fitted wardrobes and an ample-sized en-suite bathroom styled with cream marble and a glass-brick enclosed shower.

To the right are another two twin-bedrooms, also of good sizes, which share a large family bathroom. This bathroom has a double-size walk-in shower, equipped with a built-in bench. Both bedrooms have fitted wardrobes and sliding doors to the exterior.

To the back of the property, down from the vast, raised terrace, is the pool-patio.

Well-sized, the pool is served by a shower, its surrounding patio having a fully equipped outdoor cooking area, complete with a gas hob, barbeque and fridge.

At the front of the villa there is an off-road single garage and a flight of stairs that lead to a beautiful roof-terrace, which boasts stunning views of the surrounding neighbourhood.

This pretty property has a charming rustic feel, having ample polished wood finishings and polished brick flooring throughout.

It is also equipped with dou-



ble-glazing, air-conditioning in all rooms, and solar panels.

To be sold fully-furnished, the villa is priced at €825,000.00.

sold exclusively through Silver Holidays. For more information, contact Silver Holidays on: (+351) 289 314 312, fax: (+351)

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#### Moncarapacho

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#### VILAMOURA

Ref# V71961

4 bed detached villa on very quiet & residential area nr Pinhal Club House. 20 mins walk to Marina & beach. 1,060 sq.m. plot w/160 sq.m. constr. area. Furnished & equipped. Winter garden. 2 suites. 50 sq.m. lounge. Landscaped floodlight garden w/ heated pool. Huge basement, w/laundry & storage space. Ideal for games room. Lots of character. Excellent investment.

Price: € 950.000



#### VILA SOL

Ref# A71850

Quality 3 bedroom apartment in private complex within 5 star golf resort. Just mins walk to Vila Sol Club House & new Spa facilities. Furnished & equipped. A/c in both bedrooms & living room. Large balcony facing immaculate grounds & communal sw. pool. 5 mins from Vilamoura Marina & beach. Excellent investment opportunity.

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#### VALE DE ÉGUAS

Ref# V71940

3 bedroom detached villa in a quiet area, very close to Almaral, Quinta do Lago & Vale do Lobo. 300 sq.m. plot w/ 180 sq.m. of construction area. 2 en suite bedrooms. Air conditioning. Alarm system. Central heating. Large landscaped garden w/ pool. Fully fitted kitchen. Top finishes. Sea & Country views. Low maintenance.

Price: € 475.000



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## VILAGENTE



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[www.vendavilla.com](http://www.vendavilla.com)


**Vilamoura**

One bedroom apartment composed of bathroom, lounge with fireplace, equipped kitchen and terrace. Communal swimming pool and garden area. Furnished, exterior parking space. Construction area: 75 square metres.

Ref: A1075 Price: € 100,000


**Vilamoura**

Spacious apartment composed of 2 bedrooms, 2 bathrooms, lounge with dining area, kitchen, storage and terrace. Communal swimming pool and garden area. Furnished and equipped. Construction area: 124 square metres.

Ref: A1212 Price: € 220,000


**Vilamoura**

Semi-detached villa composed of 2 bedrooms, 1 bathroom, lounge with fireplace and dining area, kitchen, storage and terraces. Furnished and equipped. Communal swimming pool and garden area.

Ref: V12324 Price: € 245,000


**Gambelas**

Spacious villa composed of 4 bedrooms, 4 bathrooms, lounge with fireplace, dining room, equipped kitchen, basement, storages, laundry room and carport. Roof terrace, swimming pool & garden. Plot area: 760 sq.m. Construction area: 300 sq.m.

Ref: V12522 Price: € 400,000


**Vilamoura**

Spacious villa composed of 6 bedrooms, 6 bathrooms, lounge with fireplace, kitchen, laundry room, office, basement and garage. Terraces, heated swimming pool and garden. Furnished and equipped. Plot: 1584sq.m. Constr. area: 217 sq.m.

Ref: V12513 Price: € 1,400,000



AMI 989  
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**Caliços (Olhão)**

Lovely 3 bedroom villa close to small golf hotel in the area of Moncarpacho. Nice adult garden w/round pool. Consists of an old farmhouse renovated & extended w/2 living rooms & 1 bedroom in the ground floor & 2 bedrooms in the 1st floor. The property is sold completely furnished including the garden tools.

Ref 1711 470.000


**Fuseta (Olhão)**

Townhouse in Fuseta built 1977 keeping the original style, only 5min walk to the beach. Composed by the ground floor with kitchen, living room and at the 1st floor with 2 bedrooms, office, WC and a roof terrace with an additional room.

Ref 1703 200.000


**Santa Maria (Tavira)**

New 2 bedroom apartment in the 1st floor situated in a residential & very calm Urbanization. Constituted by bedroom, suite, living room w/ balcony, half-equipped kitchen, hall w/ storeroom, bathroom & parking w/automatic gate & access to interior of building.

Ref 1700 126.000


**Pinheiros de Marim (Olhão)**

New house situated in a calm urbanization. Composed of R/C with hall, common room with fireplace, bathroom, kitchen, BBQ and garage; and in 1st floor: 3 bedrooms, bathroom and storeroom.

Ref 1698 239.000


**Aldeamento de Marim (Olhão)**

Lovely ground floor 1 bedroom apartment in nice urbanisation close to lagoons & islands of nature park "Ria Formosa". Communal pool area w/ bar, tennis court & gardens. Kitchen, living room, bathroom & balcony, partially furnished. Garage & storeroom in basement. Good rental investment.

Ref 1664 85.000



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Three en suite bedrooms, plus stunning master bedroom with sea views, private terrace, Jacuzzi, high tech shower. New kitchen dining room, lounge with panoramic views, massive lower ground floor with wine cellar, bar, kitchen and private terrace. Suitable for TV/Cinema room, billiards etc. The party and entertaining floor without equal anywhere. Three floors, all served by lift, complete wheelchair accessibility throughout. The property has under-floor heating and air conditioning, comprising 500 square metres of living space, very private landscaped gardens of half an acre, swimming pool, totally fenced with electric gates and impressive entry drive. Situated just outside Almancil, near to the golf courses of Vale do Lobo, Quinta do Lago and Vilamoura. ----- € 975,000 Euros

For further details and an appointment to view Call Nevin 919 555 916



AMI 1278

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**Salicos**

Two bedroom apartment w/ established garden & very private BBQ area & communal swimming pool. Desirable location close to Centianes beach. Lounge w/ wood burner, modern kitchen, u/ floor heating in bedrooms, ample parking space.

Ref. A-237 Price: € 250,000



**Mato Serrão**

Detached villa on small property w/ private swimming pool close to Carvoeiro village & Gramacho Golf. 3 large bedrooms, 2 bathrooms, spacious lounge/dining, ergonomic kitchen, lockable garage, covered patio, terrace w/ sea view. Fully furnished.

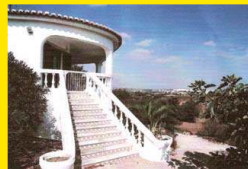
Ref. V-343 Price: € 350,000



**Belomonte**

Spacious new villa in quiet location in prestigious area composed of 3 bedrooms, 3 bathrooms (2 en suite), guest wc, lounge w/ fireplace, dining room, equipped kitchen. Large terraces on the 1st floor. Swimming pool. Quality design construction.

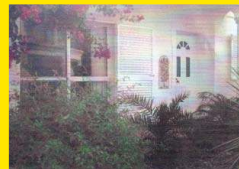
Ref. V-312 Price: € 500,000



**Salicos**

Spacious 3 bedroom villa on cul-de-sac road in excellent location w/ view of Monchique mountains, close to Marinha beach. Open plan kitchen, lounge, dining room w/ wood burner, large terraces, easy to maintain garden. Space for swimming pool.

Ref. V-349 Price: € 495,000



**Carvoeiro**

4 bedroom house w/ heated swimming pool, spacious lounge w/ wood burner, large, equipped kitchen leading to BBQ area, 2 bathrooms, shower, central heating, small established garden, driveway with lockable garage.

Ref. V-350 Price: € 350,000



AMI 7557

A selection of our properties

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8125-479 Vilamoura



**Vilamoura**

Beautiful 2/3 Bedroom / 2 Bathroom detached villa with magnificent golf views. The villa has a private swimming pool in landscaped gardens and situated in a peaceful location within walking distance of the "Old Village" and it's amenities.

Price: €595,000 / £410,000



**Vilamoura**

3 Bedroom / 2 Bathroom "Fully Furnished" single story villa with private swimming pool located in a quiet area with easy access to the marina and beach via the road train that stops nearby.

Price: €395,000 / £272,000



**Almancil / Quinta das Salinas**

3 Bedroom / 2 Bathroom "Fully Furnished" detached villa at Quinta das Salinas between Q<sup>a</sup> do Lago & Vale do Lobo's beaches & golf courses, surrounded by pine trees, within walking distance of beach & Ria Formosa nature reserve \*\*Exclusive to Silver Holidays Real Estate\*\*

Price: €825,000 / £568,000



**Vilamoura**

3 Bedroom / 2 Bathroom detached villa offering a sunny terrace with private swimming pool. Located within a few minutes walk of the new Hilton Spa resort, the villa also offers a garage with sauna.

\*\*\*Exclusive to Silver Holidays\*\*\*  
Price: €550,000 / £379,000



**Almancil**

Luxury 2 Bedroom "Fully Furnished" townhouse located on a small condominium of only 12 villas in Almancil within 5 minutes drive of Quinta do Lago & Vale do Lobo beaches and golf courses.

Price: €360,000 / £248,000  
(Based on Ex Rate 1.45)



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**Picota / Tavira**

Situated 9 kms north of Tavira this property consists of a rustic 1 bedroom main house with guest room on mezzanine level and a secondary 2 bedroom, 2 shower-room house in need of "tlc" on ground and first floor, surrounded by 3.000 m2 of land.

EA 037 CPIC Price: €210.000



**Villa Tavira Hills**

High quality 3 / 4 bedroom villa built in 2003 w/swimming pool, prepared for air conditioning, w/ carport for 2 cars, surrounded by 2.500m2 of land w/lovely views of the coast & countryside, 10 kms from Tavira & 12 kms from various golf courses & beaches.

EA 038 VTH Price: €425.000



**Duplex Apartment - Cabanas**

Conveniently situated very close to beautiful lagoon & beach of Cabanas w/ its variety of restaurants, pubs & shopping possibilities, this comfortable 2 bedroom, 3 bathroom apartment was built on 1st & 2nd floor (= top floor) & completed in 2006, w/ air conditioning throughout & includes parking space in basement.

EA 038 ACAB Price: €280.000



**Land - Santo Estevão**

Exceptional property w/ 6.631m2 of south facing, gently sloping land w/ stunning views & many old trees, e.g. almond, fig & carob. Has approval for a villa w/ 200m2 covered area + 60 % on 1st-floor, swimming pool w/ 50m2 & warehouse w/ 80m2, close to Stº Estevão centre & 4kms to Tavira.

EA 039 LSEST Price: €320.000



**Neighbourhood Moncarapacho**

Situated 10 mins. drive from Moncarapacho this property consists of a charming villa built in 2003 & enlarged in 2006, w/ atelier, central heating & outline permission for a sw.pool (42m2) surrounded by 5.300m2 land (3.800m2 of which are fenced) w/ lovely seaviews.

EA 040 VMON Price: €385.000



AMI 3728

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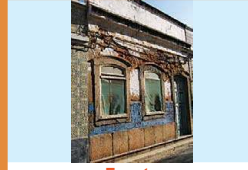
**Olhão**

Fantastic 3 bedroom villa located in a quiet quality urbanization. Excellent first quality finishing!!  
Price: € 400.000,00  
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Call: 917 787 582



**Fuzeta**

1 bedroom first line apartment set by the water, close to all amenities. With private space on the roof terrace. Excellent price for this location!!  
Price: € 110.000,00  
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**Fuzeta**

Old house to refurbish or rebuild located in the centre of Fuzeta. Great Location!! Excellent Opportunity!!  
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**Fuzeta**

Off plan !! 1/2/3 bedroom apartment with sea view. Balcony !! Excellent price !! Great rental potential!! Quiet location...  
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## T2 Bedroom Apartment in Praia da Rocha, Portimão, Top price €199,000.

Top floor apartment in closed condominium walking distance to the beach and all amenities.

Ref.: S251



### Apartments

Luz, S224, one bedroom, spacious, in famous closed condo. with sea views, walking distance to all amenities, € 219,000.

Alvor, S250, Praia do Vau, top floor, 2 bedrooms, spacious, with sea views, closed condo. € 298,000.

Alvor/Portimão, S259 + S260, three bedrooms, very exclusive closed condominium, with indoor and outdoor pools, prices from € 195,000.

Pêra, S264, brand new, two bedrooms, closed condominium, € 189,000.

Guia, S247 + S252, brand new, 2 bedrooms, closed condominium, € 175,000.

Albufeira, S248, one bedroom, off plan, closed condominium, € 189,000.

Albufeira, S247, two bedrooms in top location, very quiet, small condo, €235,000.



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## Beautiful Townhouse in Pêra, located in quiet area, top price € 250,000.

3 bedrooms, 3 bathrooms, patio, nearly new townhouse, a bit of sea views, walking distance to the town.

Ref. ST261



### Townhouses

Lagos, ST225, 3 bedrooms, tastefully refurbished, top balcony with sea views, terraces, garden, walking distance to the beach & historical town, top price €228,000.

Vila do Bispo, ST233, 3 bedrooms, tastefully refurbished, the bathroom provides fittings from Philippe Starck and has a good sized shower, top price €189,000.

Alvor/Portimão, ST268, several townhouses located in an exclusive closed condo. with indoor and outdoor pools, 3 bedrooms, prices from € 250,000.- to € 300,000.

Ferragudo, ST234, 3 bedrooms, exceptional big plot with own pool, quiet area, nearly new, top price €335,000.

Pêra, ST262, spacious with 4 bedrooms, huge kitchen, balconies and terraces, sea views, own pool, nice garden, bigger plot, cul-de-sac, walking distance to town, €425,000.

Albufeira, S81, 4 bedrooms, walking distance to all amenities, €399,000.

Monte Gordo, ST228, 3 bedrooms, spacious roof terrace with beautiful views to the sea and to Spain, located in an exclusive closed condominium, nearly new, top price €349,000.



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## Rustic and unique property in Monchique Top price €349,000.

Beautifully refurbished countryhouse in the mountains, only 300 m over sea-level with stunning views to the sea and the countryside, 3 bedrooms and potential to enlarge, romantic!

Ref.: S217



### Rustic Properties

CARRAPATEIRA, S218, 3 bedrooms and possibility to enlarge, rural tourism possible, near Amado beach, €349,000.

MONCHIQUE, S189, 2 bedrooms and possible to enlarge, located in isolated, unspoiled nature ideal for self-suppliers. Very romantic with breathtaking views, €249,000.

MONCHIQUE, S218, 3 bedrooms €210,000

BOLIQUEIME, S89, 4 bedrooms, patio, apartment, very unique and romantic place with potential, €299,000.

PADERNE, S218, 3 bedrooms €240,000

PADERNE, S197, 2 bedrooms main house, 1 bedroom / studio extra small house, romantic, pool, in beautiful environment near Paderne, €295,000.

SALIR, S44, 3 bedrooms on 5.000 m2 plot, plunge pool, very romantic and unique, very quiet, great potential, €275,000.



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**Vilamoura** - Studio apartment with a 15 m<sup>2</sup> wooden mezzanine with fitted wardrobes. Views to the marina of Vilamoura. Private parking space. Only 5 minutes walk to the beach. Close to all facilities in the marina. Ideal for your vacations! **Price: €197,500.**



**Vilamoura** - 2 bedr., 2 bathr. apartment as new, near the golf courses of Millennium and Laguna. Totally furnished. Garage and storage. Quiet area just 5 minutes drive to the Marina and to the beach. Nice swimming pool area. **Price: €265,000.**



**Vilamoura** - 3 bedr., 2 bathr. top-floor apartm. with 20m<sup>2</sup> attic which can be connected to apartm. with possibility of an extra room. Large south facing veranda with sea views. Aircon, easy parking, quiet area, only 15 minutes walk to the beach & Marina. Good value for money! **Price: €299,000.**

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Apartment in good, central location in Lagos with 2 bedrooms, 2 bathrooms, 2 verandas. Closed garage and big storage. Furnished and equipped. Very nice sea view. **Price €169,000.**



Unique penthouse apartment in Lagos. Private garage. Private elevator. Private jacuzzi. Big verandas. Sea and city views. **Price €425,000.**



Semi-detached villa in Praia da Luz. Livingroom with fireplace, big kitchen, 2 spacious bedr both with ensuite bathr, 3<sup>rd</sup> bathr, carport, balconies, garden. Furnished & equipped. **Price €325,000.**



Beautiful plot (573m<sup>2</sup>) in Mexilhoeira Grande close to Penina & Palmares golf courses, with very nice sea, river- and country views to construct groundfl. villa 150m<sup>2</sup>, 1<sup>o</sup> fl. 100m<sup>2</sup> + basement. **New price €133,000.**



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**Lagoa**

**D: 122371012-15**

**€183,500**

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**Silves**

**D: 122371012-14**

**€380,000**

Magnificent 4 bedrooms villa, in Cerro de S. Miguel with spectacular view over Silves and the mountain range. The fireplace gives also heat to the bedrooms. Equipped with central vacuum, it has also, pre-installation for air conditioning. Sw. pool & garage.



**Calvário**

**D: 122371012-13**

**€205,000**

3 bedrooms semi-detached villa in final stages of construction. Situated on the highest spot of Calvário, w/ magnificent views of Monchique and Arade river. Calm area, away from the city bustle, although near Portimão & Lagoa. High quality finishings.



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A: You can do either; there are pros and cons to both. The great thing about fitting the units first is that you can make a mess on the sub-floor and not have to worry about damaging it because it will soon be covered.

You'll also use less flooring because a lot of the floor

area will be covered by the units, which is great if you've chosen expensive flooring, such as slate.

On the other hand, laying the floor first can be easier because you don't have to fit it round the units. This is especially tricky if you're having base units on decorative

legs, which give a contemporary feel, rather than plinths, which cover the base units' plastic legs and the area between the floor and the bottom of the base units.

Plinths conceal a multitude of sins, not least flooring that isn't extended underneath the units, but they

do give a more traditional look, which you may not want.

Another advantage of doing the flooring first is that you won't have the units and appliances on a different level to the rest of the floor, which can make pulling out the appliances difficult.

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# Cutting back at the right time



So says gardening expert, writer and broadcaster John Cushnie, whose latest book, *How To Prune*, tackles all the questions you might want to ask about cutting back. "Common sense goes a long way when it comes to pruning," he says. "If a plant flowers in summer on the new growth then it makes sense to encourage the plant to produce more new growth for next year's flowers by pruning back in late summer the branches that have flowered."

Winter-flowering deciduous shrubs need little pruning apart from the removal of diseased branches and those growing towards the centre. Young plants will need to be shaped, removing any stems which are making the plant lopsided. Prune these immediately after the flowers have faded.

Spring and early summer-flowering deciduous shrubs should be pruned as soon as flowering is finished, by removing diseased or thin shoots, then cutting all the branches that flowered to within a few buds of the base and leaving the new shoots to flower next year.

Cutting equipment must be sharp and clean, to prevent diseases entering the wound. Prune by making a sloping cut immediately above a bud or side shoot. If a stump is left it will be prone to dieback disease. Make a sloping cut away from the shoot or bud.

"To encourage strong shoots from low down on the plant, old woody branches should be removed as close to the base as possible," says Cushnie. "This works particularly well with bush, climbing and rambler roses."

With large, mature shrubs and fruit trees, he recommends pruning by removing the three Ds - dead, diseased and damaged branches. Then prune out crossing branches that are rubbing together.

Late autumn and early winter is a good time to prune peaches and apricots, especially those trained to grow against a wall. Bush fruits such as berries are also pruned in autumn.

You may be looking out on your garden now thinking everything needs a good tidy-up, but before pruning any of your shrubs, find out when they flower.



## HOW TO PRUNE

techniques and tips for every plant and season

John Cushnie

*How To Prune* by John Cushnie is published by Kyle Cathie, priced £19.99/€28.76. (ISBN-13 978-1856 267 380 or ISBN-10 1856 267 385) (Photos: Press Association)

## Can our readers help?



SIR, These days there is a fantastic pictures exhibition in the Tavira Convento about the unique/splendid/exclusive/enigmatic **Tuberaria Major Algarvian** flower, which is on the way to extinction...

My question is: are there readers of *The Portugal News* who can deliver details about this exclusive Algarvian flower or is it possible one of the flower experts of *The Portugal News* can tell us the story?

Thank you very much for your precious help and best regards,

GUIDO, Carvoeiro

*Our experts are on the job, but maybe one of our readers can also help? Ed.*

With wisteria, the new young growths pruned in summer should be shortened back to within two to three buds of the older wood in winter. These stumps will produce flowers next summer.

Late summer-flowering shrubs should be pruned in late spring when any risk of frost has passed.

Evergreen shrubs should be pruned in early summer to avoid any risk of frost damage to tender new shoots. Remove diseased and thin shoots and if the plant needs to be thinned out, remove branches evenly from all sides to prevent it becoming lopsided.

In colder regions of Portugal it's now too late to hard-prune evergreen conifers as cold winds or frost penetrating to the unprotected heart of the tree can kill it. Some shrubs are best left until spring before cutting back, such as hydrangeas, as the old flowerheads protect the tender buds from frost.

Hannah Stephenson

## What's in store

The classification of plant names often changes due to botanists discovering older ones in the archives, when identification is incorrect or occasionally when plant groups are reclassified. All plants are given official Latin names as they are understood and recognised internationally.

*Solanum rantonnetii* now renamed *Solanum rantonnei* is commonly called the Blue Potato Bush. It is a many branched shrub and can reach up to 2m high with a similar spread. It can be pruned to produce a small tree by leaving one shoot growing upwards until the 'trunk' has attained the height you require and then allowed to branch. It is essential to give this dainty shrub adequate support. A native of Paraguay and Argentina it needs protection from wind and, like the previous plant, it needs a reasonably good well-drained soil mixture and to be grown in full sun, but does need watering during the hot summer months. Give it a liquid fertiliser feed on a monthly basis. It is not hardy, but ours has withstood several degrees of frost, but as it has been in the shelter of a house wall it has probably received sufficient protection.

*Viburnum tinus* is a fully hardy, compact evergreen shrub that attains up to 3m in height and spread. Although native to the Mediterranean it makes a rewarding garden shrub due to its masses of whitish flowers in the early months of the year. Grow it in a reasonably fertile soil mixture with good drainage, in either partial shade or full sun. It can be pruned hard to keep it a smaller plant.

Madge and John Measures

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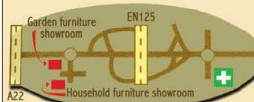
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# Fresher food aid

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kitchen.

"But you need a balanced, healthy diet to function to the best of your ability both physically and mentally," she warns. "A well-balanced diet will not only keep your mind and body fuelled, but can also help prevent heart disease, tooth decay and obesity. And you're less likely to get a cold if you have a good intake of vitamin C, which is something to think about once you've got exams looming," she adds.

Silvana's student-friendly tome is a minefield of recipes, top tips on food storage and hygiene, and advice on planning ahead, including how to eat well without stressing about the practicalities too much.

"Save time in the kitchen by being well prepared and planning what you're going to cook in advance," she recommends. A good time-saving way to balance your meals is to cook all-in-one complete meals based on a carbohydrate such as pasta or rice."

Indeed, filled baked potatoes, stews, risottos, or stir-fries with rice or noodles are all quick-and-easy recipes that provide the perfect basis for a well-balanced meal.

Of course, if you do branch out and start making dishes that need an accompaniment, steaming some fresh vegetables or making a quick salad instead of choosing the ubiquitous portion of chips is far better for you, she says.

"If you're vegetarian or vegan, getting enough protein in your diet can be difficult," Silvana continues. However, living on cheese and eggs to fulfil your daily requirements can lead to weight gain and high cholesterol levels, so eating at least two different foods together to

obtain a high quality protein should do the trick. Beans on toast, which is quick and easy, high in fibre and low in fat, and nearly negligible in terms of cost, is a good example.

First and foremost, cooking should be fun. "Eating well is the key to getting the best from life," Silvana smiles. "So invite friends for a meal and impress them with your inventiveness and creativity. And don't forget, if you're living in a shared house full of students, as the cook, you get to skip the washing up!"

Kate Hodal



Tuna Fish Cakes.

## Tuna Fish Cakes

Ingredients (Serves 2)

350g (12oz) potatoes, peeled and cubed

1tbsp mayonnaise

125g (4oz) can of tuna in oil, drained

ergy that could be better spent surfing the net, drinking or studying," says Silvana Franco, whose new Really Useful Ultimate Student Cookbook is a compilation of mouth-watering but simple dishes to feed even the most accident prone in the

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#### No Patio

International Restaurant

Open: Tues-Sat. from 18.30

Sunday from 13.00

Rua Lançarote de Freitas, 46, Lagos

Tel: 282 763 777

#### Blue Wave

Beach bar

Open: 10:00 - 23.00

Cabanas Velhas between Burgau and Boca do Rio

Tel: 282 697 834

#### Galé

Karahi Indian Restaurant

Indian Specialities - Tandoori, Karahi & Balti

Open: Daily 18.00 - 23.00

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Tel: 289 592 780

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Tel: 289 704 416

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Praia da Rocha, Portimão

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Algarve Cuisine

Tel: 281 329 040

www.pousadas.pt

#### Restaurante O Monte

International Cuisine

Open: Tues-Sun from 7pm

and for Sunday Lunch

Cabanas de Tavira

Tel: 964 432 465

### S.BRAS DE ALPORTEL

#### Pousadas de Portugal

Algarve Cuisine

Tel: 281 329 040

www.pousadas.pt

### SAGRES

#### Pousadas de Portugal

Algarve Cuisine

Tel: 281 329 040

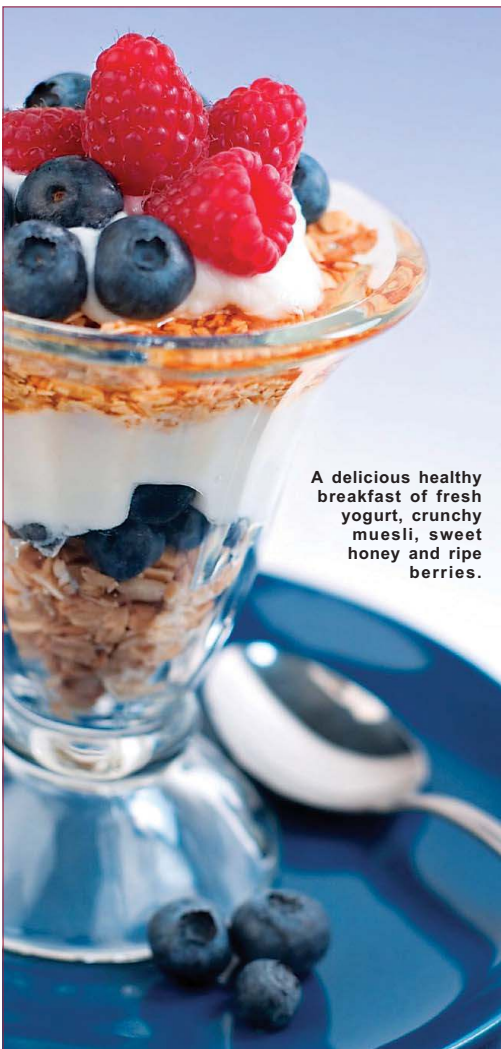
www.pousadas.pt

### St. CLARAA. VELHA

#### Pousadas de Portugal

Algarve Cuisine

Tel: 281 329 040



A delicious healthy breakfast of fresh yogurt, crunchy muesli, sweet honey and ripe berries.



1tbsp chopped fresh parsley  
1 small onion, finely chopped  
1 egg, beaten  
8tbsp breadcrumbs  
2tbsp flour  
vegetable oil for frying  
seasoning

**To prepare:**

Cook the potatoes in plenty of boiling salted water for 10-15 minutes until tender. Drain them well, return to the pan and mash together with the mayonnaise.

Flake the tuna fish and add to the mash with the parsley, chopped onion and season to taste. Mix well together.

With floured hands, shape the mixture into 4 large, flat, even-sized cakes. Dust lightly with flour, then dip into the beaten egg and then add the breadcrumbs.

Heat a little oil in a frying pan and gently cook the fish cakes for about 5 minutes on each side until crisp and golden. Remove from the pan with a fish slice and drain on kitchen paper.



Spaghetti with Vodka and Chilli.

## Spaghetti with Vodka & Chilli

**Ingredients (Serves 2)**

250g (8oz) spaghetti  
1tbsp of olive oil  
1 small knob of butter  
2 small chillies, deseeded and finely chopped  
2 tomatoes, skinned, deseeded and finely chopped  
4tbsp vodka  
4tbsp double cream  
salt and freshly ground black pepper

freshly grated parmesan, to serve

**To prepare:**

Use extra olive oil if you haven't got butter, but don't substitute the vodka with any other spirit.

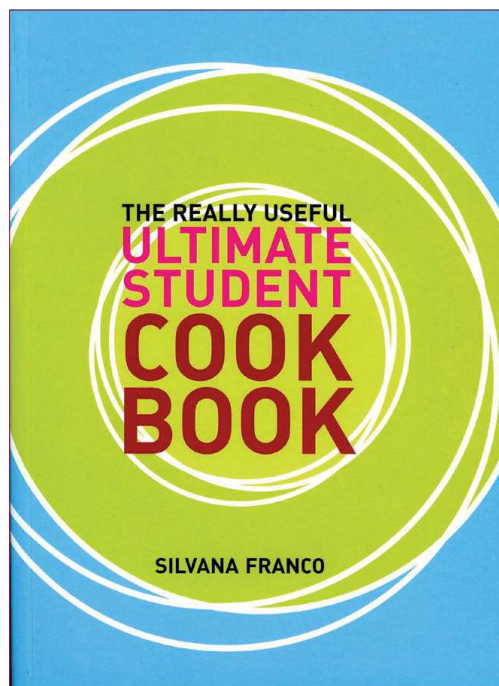
Cook the pasta in plenty of boiling water for 10-12 minutes, or until tender.

Meanwhile, heat the oil and butter in a small frying pan. Add the chillies and tomatoes, cooking for 4 minutes. Add the vodka and simmer rapidly for 3 minutes. Stir in the cream, bring to the

boil and remove from the heat. Season to taste.

Drain the pasta well and toss with the sauce. Divide into bowls and serve sprinkled with parmesan and freshly ground black pepper.

[www.the-news.net](http://www.the-news.net)



SILVANA FRANCO

The Really Useful Ultimate Student Cookbook by Silvana Franco is published by Murdoch Books, priced £4.99/€7.17.



Restaurante

**One of the most beautiful restaurants in the Algarve. Nelita, a fantastic chef, serves wonderful dishes: duck breast with peaches or plums, many fillets (with sauces) flambéed at your table, Tournedos wrapped in bacon, Vegetarian dishes, cataplanas etc. Very good service. Lovely sea & country view from terrace. Clients always return!**

**Bookings, Domi: 282 381 176 or 918 365 426**  
**Rua António Joaquim Cabrita N° 7**  
**Porches 8400-471**

**Duna Beach Restaurant & Bar** is located on the soft sands of Meia Praia, near Lagos. Totally renovated with a new image inspired by nature, using natural fabrics in soft colours combine to create a simple yet sophisticated setting. Open year round, you can chill out in the open, airy lounge atmosphere over-looking the fabulous pool. Choose from a range of healthy dishes prepared by their chef Jerónimo Abreu from fresh, carefully selected ingredients. These include Portuguese, international and vegetarian dishes. Opening at 9am with fingerfood and snacks the bar serves cocktails, long drinks, fruitjuices and milkshakes, and doesn't close until 5am! There are sun

loungers and stylish shades for rent on the beach, 3 tennis courts, changing and shower facilities, and water sports. Occasional special events.

Exquisitely-decorated with modern works of art, **Bistro des Z'Artes** restaurant in Almancil is co-owned by renowned chef Stanley Van Buren and Simon Visser Domus. Presentation is always of the highest level of professionalism, a must for Stanley, who believes that first impressions are most important as "food must look as good as it tastes". Together they produce unique dishes such as: Peanut Butter Soup with Baked Banana and Yellow Curry Soup with Lemon Grass and Coconut Milk. Whether you are a meat or a fish person the menu offers something to satisfy even the

most discerning connoisseur.

**Mister Grilo Restaurant** is a tricky place to find in Porches, but well worth the discovery. Not only well known to local residents, but also travellers from afar. The bar/waiting area is comfortable, often with an exhibition of local artists on display, and the Bistro dining room is painted with warm paint - washed walls with miniature palm trees and mosaic-tiled table-tops creating a lazy, sunny feeling as you sample the quite extensive menu. There are lovely sea and country views from the terrace, where you can try their delicious chicken 'cabidela' or octopus rice with coriander. A children's menu is available and there is live music on Thursdays.

**No Patio** "The best kept se-

cret in Lagos - once found never forgotten." Tucked away in the old part of town close to the Cultural Centre, No Patio has a simple, but elegant interior, with a secluded terrace and working garden, full of fresh herbs and fruit trees. With high walls on all sides, alfresco dining is the norm, even when there is a breeze. The palm trees also provide shade and privacy. British owner Martyn Allen has created a food-lovers dream. A selective menu guarantees freshness of products, such as Seared Scallops and Prawns with bacon, and Rosemary and Lemon Butter; Honey Roasted Breast of Duck with a Citrus and Almond Glaze; and the No Patio Lemon Cheesecake, using lemons from their own garden. Not surprisingly, reservations are advised.

## No Patio

Restaurant and Bar

...in the old part of Lagos

**...open now, featuring new international menu.**



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from 18.30  
Sundays from 13.00

**...al fresco dining at its best**

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email: [nopatio@aol.com](mailto:nopatio@aol.com)

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Lunch 12pm - 5pm  
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Bar until 5am

t. 282 762 091  
[www.duna-beach.com](http://www.duna-beach.com)



# Cats and Diabetes

## Following on from last week's article on incontinence

We have had a run on requests for waterproof beds. We have sold out of mediums, and have limited stocks of large and small. We have more beds on order, so please keep in touch and we will let you know when the new stock comes in. If you want to pre-order then call 282443170 and leave your details. We understand the importance of making our dogs more comfortable when they suffer from this problem and these beds provide an ideal solution.

jections need to be given at the same time every day and can be administered at home. The proper type of insulin, dose, and frequency of administration needs to be determined by your veterinarian. Ideally, this is based on an 18- to 24-hour blood glucose profile, obtained through a veterinarian-administered insulin injection and subsequent testing of blood sugar levels at regular intervals throughout the day. Insulin dosage may change with time and may need to be adjusted based on new blood glucose profiles, the results of intermittent blood tests and urine sugar measurements, and the cat's response to therapy. This may be a frightening thought, but the cat will feel nothing and as long as you get a successful routine in place then it should be easy to administer.

many cats and their owners; insulin injections may be a better choice for them.

**How do I monitor my diabetic pet?**

Monitoring your diabetic cat is a joint effort between you and your veterinarian. Because your cat's insulin requirements may change over time, periodic checking of blood glucose or serum fructosamine levels is essential. Seek veterinary treatment at the first reappearance of diabetes signs (increased thirst, increased weight loss, increased appetite, or increased urination). It is possible for you to monitor your cat's glucose levels at home, which can be less stressful for you and your cat. Talk to your vet about the possibility of doing this.

**What is the future for a diabetic pet?**

There is no cure for sugar diabetes. But, some diabetic cats may lose the need for insulin, months or years after diagnosis. If diabetes has resulted from obesity, it is likely to once the cat's weight is under control. Once a routine has been established with proper treatment and home care, a diabetic cat can live many healthy years. But, successfully managing a diabetic cat requires much dedication and communication between you and your veterinarian.

*Protect your pet with knowledge  
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2007  
Julie Pickering*

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toms are a sudden weight loss or gain, accompanied by excessive drinking and urination. . Appetite is suddenly either ravenous (up to three-times normal) or absent. If you suspect diabetes then take your cat to the vets and they can do a text to check for the existence of ketones in the urine.

How can I look after my cat if it has diabetes?

All cats are different and respond differently to treatment. With some cats their diabetes can be controlled with oral medications, but others will require twice daily insulin injections. Some cats have a positive response to treatment and changes and can reduce the effects of diabetes while others will require daily treatment throughout their lives.

A main component in the treatment of feline diabetes is changing and regulating the diet. It is recommended that cats who suffer from diabetes should follow a low carbohydrate diet. Although, other cats may suit a high fibre and high complex carbohydrate diet – a less palatable option for cats. Obesity is a major factor in insulin sensitivity, so if your cat is overweight, you will need to help him lose weight gradually. Your veterinarian can help guide you to a weight loss diet, which can aid your cat to lose weight gradually.

Your cat's feeding routine is also important. While many cats are "free-choice" feeders (i.e., food is left out for them to eat whenever they want), this may not be the ideal routine for a diabetic cat. Ideally, a cat receiving insulin should be fed half its daily food requirement at the time of each injection, with the unconsumed remainder available throughout the day, food intake should be closely monitored. It is easier for the cat to regulate its insulin levels if its daily intake is split into as many smaller meals as possible, and feeding times need to be monitored if there are more than one cat eating

### Administering Insulin

Most diabetic cats require insulin injections administered under their skin twice daily. The in-

## Is this your cat?



Found on the road in Lagos on  
Wednesday, 19<sup>th</sup> September.  
She was wearing a red collar and  
was already sterilised.  
She has blue eyes and is very friendly.  
Please contact me urgently if  
she is your cat! Or, if  
you would like to give her a new home.  
Michele 919 457 263  
Happyhounds@mail.telepac.pt

## Place your classifieds online

You can place your classified  
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Diabetes is very common in humans and has increased in the feline world as well. There are two types of sugar diabetes that affect people. Type 1 diabetes usually begins at a young age and is due to the pancreas not producing enough insulin. Type 2 is due to the resistance effect of insulin and invariably starts later in life.



It is the type 2 that commonly affects cats. As with its increase in humans, it is an increase in food intake and a decrease in exercise, which has led to the problem. While it can affect any cat, it most often occurs in older, obese cats. Male cats are more commonly affected than females. The exact cause of the disease in cats is not known, al-

though obesity, chronic pancreatitis, other hormonal diseases (e.g., hyperthyroidism, Cushing's disease), and certain medications can all lead to the development of the disease.

But what are the symptoms? The condition can be difficult to notice, especially if there is more than one cat living in the house. The first obvious symp-

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A fantastic range of designer Collars, leads and harnesses. Pet accessories, including bowls, toys and scratch posts

Quality dried foods from BURNS and NUTRO (call or email for free samples) Moist food from NATURES MENU, WHISKAS and FELIX Airline crates for pet transport

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## North



### PORTO

#### DAILY

**Casa da Música:** guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 • [www.casadamusica.com](http://www.casadamusica.com)



#### DAILY

**Serralves Foundation:** Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • [www.serralves.pt](http://www.serralves.pt)

#### UNTIL 28 OCTOBER



**Exhibition by François Dufrène at Museu de Serralves** • François Dufrène (1930-1982) is one of the most prominent artists of the French postwar scene. This exhibition, for the 1st time presented outside France, is a retrospective of his work (a mixture of large posters, sound and film) • Serralves Museum • Rua D. João de Castro, 210 • Tel: 226156500 / 543 / 584 • [serralves@serralves.pt](mailto:serralves@serralves.pt) • [www.serralves.pt](http://www.serralves.pt)

## Centre



### CASCAIS

#### UNTIL 29 OCTOBER

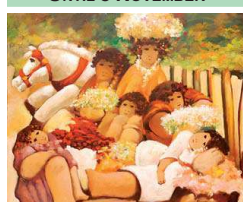
**Painting Exhibition by Merle Cynthia Strachan** at Estalagem Albatroz • African Caribbean & Portuguese oil and Acrylic paintings • Situated on Rua Fernandes Tomás, nº 1, the Estalagem Villa Albatroz was originally owned by the Dukes of Palmela, officially recognised as a building of architectural and historic-cultural interest • Open from 10h00 to 20h00 • 214647430

### ESTORIL

#### UNTIL 31 OCTOBER

**Show 'Four: Espírito Dos Elementos' at Salão Preto e Prata** of Casino Estoril • Info: [estoril@estoril-sol.com](mailto:estoril@estoril-sol.com) 214667700 • 214825400

#### UNTIL 5 NOVEMBER



**Painting, drawing & sculpture exhibition 'Poética das Formas' by Albino Moura** • Art Gallery of Casino Estoril • Info: [estoril@estoril-sol.com](mailto:estoril@estoril-sol.com) 214667700 • 214825400

### LISBOA

#### UNTIL 30 OCTOBER



**Tapestry Exhibition 'Pulsão da Cor' by Eduardo Nery** • Galeria Tapeçarias de Portalegre (Portalegre Tapestry Gallery) • Rua da Academia das Ciências, 2J • 213421481 • [galeria@mtportalegre.pt](mailto:galeria@mtportalegre.pt) • [www.mtportalegre.pt](http://www.mtportalegre.pt)

#### UNTIL 31 OCTOBER

**Mikhail Stepanov • 'Robot Aerial Straps'** • Arena Lounge of Casino Lisboa • Free entrance • Alameda dos Oceanos, Lote 1.03.01, Park of Nations • Tel: 218929000 • [info.casinolisboa@estoril-sol.com](mailto:info.casinolisboa@estoril-sol.com) • [www.casinolisboa.pt](http://www.casinolisboa.pt)

#### DAILY

**National Museum of Ancient Art** - popularly known as Museu das Janelas Verdes • Founded in 1884, the National Museum of Ancient Art is located near Tagus river & occupies the Counts of Alvor's palace, dating from the 18th century and the old convent of Stº Alberto which chapel is a fine example of Portuguese Baroque art and architecture • Tue:14h-18h; Wed-Sun:10h-13h/14h-18h (Closed Mon & holidays) • Rua das Janelas Verdes • 213912800 • Entr. €3 • [www.mnarteantigaimuseus.pt](http://www.mnarteantigaimuseus.pt)

### 26,27,28 OCTOBER



**Musical 'Cabeças no Ar'** • 21h30 • Prices from €5 to €20 • Coliseu do Porto • Rua Passos Manuel, 137 • Tel: 223 394 940 • Fax 223 394 949 • [coliseu@coliseudoporto.pt](mailto:coliseu@coliseudoporto.pt)

### GUIMARÃES

#### 3 NOVEMBER



**Concert 'Seu Jorge America Brazil'** • 22h00 at the Grand Auditorium of Centro Cultural Vila Flor • Prices from €10 to €15 • Av. D. Afonso Henriques, 701 • 253424700 • [www.aoficina.pt](http://www.aoficina.pt)

#### DAILY



**Oceanário de Lisboa** • Spectacularly designed by architect Peter Chermayeff, it is one of Europe's biggest oceanariums • The Oceanário de Lisboa is situated in the Park of Nations • Open from 10h00 to 18h00 • 218917002/06



### SINTRA

#### DAILY



**Pena Palace** • The Palace dates back to 1839 • Visits info: Sintra City Hall on Largo Dr. Vergílio Horta • 219238500 • [geral@cm-sintra.pt](mailto:geral@cm-sintra.pt)

#### DAILY



**Leal da Câmara Museum** • Calçada da Rinchoa, 67, Rinchoa • Also has access through Algueirão Velho, Fitares e Meleças • Tel: 219164303 • Fax: 219236150

### ALBUFEIRA

#### DAILY



**Municipal Archaeological Museum** • The museum is situated on Praça da República, nº 1 • Open in the Summer from 14h00 to 20h00 (closed Mondays); the remainder of the year open from 1030 to 16h30 (closed Mondays) • 289512258 • [www.cm-albufeira.pt](http://www.cm-albufeira.pt)

### ALMANCIL

#### 28 OCTOBER



**6th Annual Health Run at Ria Formosa Bridge, Quinta do Lago** • Meeting at Ria Formosa Bridge Car Park in Quinta do Lago • Start: 10h30 • A fun 5 or 10km run or walk for all the family to raise funds for the underprivileged children of the Algarve • Entry: Adults: €12 / Children until 16 years old: €5 / 2 adults plus children: €25 • includes a free T-shirt • Contacts: Wanda Crawford - 919617995 / Jackie Quirk - 963494788

### ARMAÇÃO DE PERA

#### MONTHLY



**Monthly Writing Circle by Jenny Grainer** • Hotel Garbe • The Monthly Writing Circle is on the first **Thursday** of the month from 10h30 to 12h30 • All welcome! • For more information ring Jenny on 963518184

### CARVOEIRO

#### 1 DECEMBER

**St. Andrew's Ball at Hotel Tivoli Almancor** • Dancing will be to the music of "Sound of Islay" • Please contact Cathy on 919635246 for tickets

### FARO

#### 27 OCTOBER

**Concert 'Música de Filmes' (Movie Scores) by Algarve Orchestra** conducted by John Avery at Teatro das Figuras • 21h30 • The program includes music from John Williams, from films "Indiana Jones", "Superman", and "Star Wars", opening from Leonard Bernstein of "West Side Story", and a score selection of James Bond films • Tickets on sale at Faro Municipal Theatre • 12€ & €16 • Tel: 289 860 890-6 • Fax: 289 860 899 • Mob: 969 530 005 • [www.orquestradoalgarve.com](http://www.orquestradoalgarve.com)

## South



**Romantik Hotel Vivenda Miranda** hosts a **Pommery Champagne Week** October 21<sup>st</sup> - 28<sup>th</sup> 2007  
— Gala Dinner —  
Saturday 27<sup>th</sup> October 2007  
Pommery Champagne Tasting with Live Music  
For further information and reservations:  
+351 282 763 222 • [info@vivendamiranda.com](mailto:info@vivendamiranda.com) • [www.vivendamiranda.com](http://www.vivendamiranda.com)  
Porto de Mós • 8600-282 Lagos



**Coro Gregoriano de Lisboa**

Info: Academia de Música de Lagos • Apartado 411 • 282082786 • [www.academiamusicalagos.com](http://www.academiamusicalagos.com)

27 Outubro'07  
Igreja Santa Maria  
Lagos 19h00



Hang on to your hat, it's THE...

**Car Boot Sale** AT **QM Garden Centre**

on road from **Stª Bárbara to Estói**  
Saturday, 10th November - **10h00 to 15h00**  
Cars or Stalls - 5 euros

**Free entrance / Free Mini Golf / Free Bowling Bar - Food - Fun**

Any enquires to Gerry or Cristyl on  
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## THEATRE

## Death and the Maiden

Two members of the cast of the Benef\*Actors theatre group seen in rehearsal for their production of "Death and the Maiden" at the Lagoa Auditório in November. The play, a psychological thriller, concerns the aftermath of a brutal dictatorship during which the central character, Paulina Salas, was tortured and raped in an attempt to solicit information from her. In the play, Paulina captures the man she believes was responsible for her suffering, a Dr Roberto Miranda. Does she want vengeance, a public confession or death of the Doctor? In her quest for closure she must fight not only to prove Miranda's guilt but also to grapple with her husband, Gerardo Escobar. He, as leader of the newly created Commission to investigate the crimes of the previous regime, demands an end to her illegal act of kidnapping. Ariel Dorfman's play is a fascinat-

ing polemic. Was Miranda guilty or just another victim? Who holds the moral high ground, Paulina or Gerardo?

The photo shows Adela Zander (Clark), a multi-lingual, professional actress based in London, and Thomas Hartmann, a native of Holland, with extensive, professional theatrical experience. They play the roles of Paulina Salas the lead role and Dr. Roberto Miranda.

Paul Capper, well known for his roles with the Algarveans theatre group, takes on the role of Gerardo Escobar.

The Benef\*Actors group will present the play in English on the 16th November (8.30pm) and 18th of November (4pm). All proceeds will go to the Castelo de Sonhos.

The theatre group '100Palavras' is scheduled to present the play on the 17th (9.30pm) in Portuguese. Please note that the play contains strong language.

**Tickets: €10 call 916 350 182 or 917 690 166 or e-mail [benef.actors.pt@gmail.com](mailto:benef.actors.pt@gmail.com) for bookings. You can also buy your tickets at 'Julies Galley' the English food shop, Budens: 282 695320. See also: <http://benef.actors.blogspot.com>**



## Autumns of Theatre

Portimão is due to host 'Outonos do Teatro' (Theatre of Autumn) which will feature professional and amateur theatre companies in several plays. The initiative contributes to the process of decentralising theatre and, at the same time, brings quality productions to the Algarve for what is the biggest theatre event in the region.

The plays include:

**November 2nd and 3rd** – 'Alegoria da Caverna ou a Problemática de uma Fotocópia mal tirada' at Auditorium of the Secondary School Manuel Teixeira Gomes – 9.30pm

**November 7th and 8th** – "Duas na Mão, Uma a Voar" (Actors: Tozé Martinho, Luís Zagalo, Delfi na Cruz, Florbela Menezes, Sofi a Freitas and Elsa Cortez) Boa Esperança Atlético

Clube Portimonense – 9.30pm  
**November 10th and 11th** – "Não Venhas atrás de mim" (Actors: Rosa do Canto e João Loy) Auditorium of the University of the Algarve – 9.30pm

**November 14th** – "A Crise dos 40" (Actors: Almeno Gonçalves, António Melo, Fernando Ferrão, Joaquim Nicolau) Portimão Municipal Auditorium – 9.30pm

**November 16th, 17th and 18th** – "mulheres.só" Auditorium of the University of the Algarve – 9.30pm

**November 20th and 21st** – "A comédia que se julgava que estava morta" Boa Esperança Atlético Clube Portimonense – 9.30pm

**November 23rd and 24th** – "Dois Senhores, uma peça em dois dias" Portimão Movie Theatre – 9.30pm

**From November 2nd until 24th. Call 282 470 700 for more information.**

## Let's Walk in the Serra de Cao

A fairly easy walk of 2.5 hours on October 31st through countryside that has changed very little for several hundreds of years. Terrain: good tracks but some parts are quite stony. Footwear: something sturdy. Equipment: Please bring water and a sense of humour. There is no need to book just come along and have a great time! Cost 5 euro p.p. which includes a donation to charity

10.30am start - meet at the Belo Horizonte bar. Exit the

A22 at the Lagos/Odiáxere turn off and at the roundabout go left to Odiáxere and in the centre of the village turn left at the lights signed 'the Barragem'.

Follow the signs and road to the Barragem for about 5km when you will pass a road to the right to Monte Ruivo, ignore this and about 200m further on you will see the Belo Horizonte off on the righthand side. Walk leaders: Peter Lammin & Julie Statham (282 697 298 or 965 753 033).

## CIRCUS

## The Great Beijing Acrobat Circus



Founded in October 1950, this acrobatic performance has traveled the world and now reaches Portugal to the delight of many people.

**October 26th – 27th at Lisbon Coliseu. October 31st – November 1st Oporto Coliseum. Tickets: €10 - €30.**

## CLASSES

## New bridge classes at the Hotel Garbe

New Beginners and Improvers classes starting mid- November with Finola Gibson. You can learn every step of the way from opening bids, to strip and end plays:-- Opening bids, suit bids, response and no trump bids.

Competition and the reasons and ways behind it. Big hand bidding Patterns of play including how tricks are won, the finesse, establishing a long suit, when to pull and delay trumps. Defensive and advanced play. And much more.

**Beginners bridge every Wednesday from 2.30pm. Improvers bridge every Friday from 2pm. Contact Finola Gibson on telephone 282 312873 – (answer machine leave message) or [finola@sapo.pt](mailto:finola@sapo.pt)**

## Belly dancing classes

The popular Middle Eastern (Belly dance) dancing classes have resumed in the Raj at the Garbe after the summer break. New students are already enrolling for the beginner's level class which is held on alternate Monday afternoons from 2 - 4pm. If you have always fancied yourself swirling chiffon veils why not

come along and have a go or surprise someone you know would love to take part and book a session for them. It could be a fabulous idea for a present.

Intermediate level classes are continuing on Alternate Saturday mornings as before from 10-12. Pupils with some experience in dance are welcome to join in.



**If you are interested please contact Jeanette on 286512679. Private lessons can also be arranged.**

## THEATRE

## Let's Walk from Tenoca

A moderately easy 2 hour walk on Saturday November 3rd & Monday November 5th through the Barrocal panning fields practicing traditional farming and on the way seeing how charcoal is made. Terrain: very good tracks and quiet roads. Footwear: trainers or comfortable outdoor shoes. Equipment: a bottle of water and a sense of humour. Cost €5 p.p. which includes a donation to charity.

10.30 start meet at the cafe/bar in Tenoca. From the A22

exit at Boliqueime/ Loule and follow signs to Loule, once you have crossed over the motorway turn left signed Campina & Tenoca and follow the road to Alfontes, once in Alfontes, turn left towards Boliqueime and continue for another 300m, the cafe is on the right (with a sign to the right to Perreira).

Walk leaders: Saturday: Silvia Smeman 289 478 845 or 963 737 170, Monday: Julie Statham 282 697298 or 965 753 033

1977

## Remember this year?

This was the year **The Algarve News** and **Two Weeks in the Algarve** were first published.

They later merged and **The Portugal News** was born. Our celebration anniversary issue will be published in November and we are inviting our readers to submit any stories, memories and photographs relating to the past 30 years.

**We can hardly wait to hear from you!**

**Advertise your company on the radio!**

**Algarve**

**Rádio Restauração 102.3 Olhão**  
**Rádio Atlântico Sul 104 Lagos**

**Alentejo**

**Rádio Guadalupe 88.5 Serpa**  
**Rádio Praia 89.3 Odemira**

**Rádio Ourique 94.2 Ourique**  
**Rádio Mértola 95.2 Mértola**

**Departamento Comercial**

**937 140 004**

**Grupo Rádio Algarve Stars, Lda.**

**Rua Frei Joaquim de Loulé, 25**

**8100-579 Loulé**

**Tel.: 289 414 000 • Fax: 289 412 400**





Events on these pages are published in good faith and in accordance with information given to us. We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing. Send your events to [copy@the-news.net](mailto:copy@the-news.net)

## LIVE CONCERTS

## Comeback Kid, Devil in Me, All Against The World, These Hands Are Fists

Comeback Kid (or CBK for short) is a hardcore punk band from Winnipeg, Canada. The band was formed in late 2000 by Andrew Neufeld and Jeremy Hiebert who were both members of Figure Four. They were joined by their friends Scott Wade and Kyle Profetta, but CBK was originally in-

tended only to be a side project. Their initial popularity was mainly due to word of mouth within the metalcore/hardcore scene. The band released *Turn It Around* on Facedown Records in 2003 before moving to Smallman Records in Canada and Victory Records in the rest of the world the following year.



See them live with other bands such as Devil in Me, All Against The World, These Hands Are Fists on October 28th at Seixal Ginásio Club de Corrois from 6pm. Tickets: €20 - €22.

## Patti Smith

Patricia Lee ("Patti") Smith is an American musician, songwriter, and poet. She was influential in the birth of the punk movement with her 1975 debut album *Horses*. One of rock's great female icons, Smith is perhaps most widely known for the song "Because the Night," which was written with Bruce Springsteen, who also had a successful recording of the song.



Called "Punk's Poet Laureate", she integrated the Beat poetry performance style with garage-band Rock & Roll; her allusions introduced 19th Century French poetry to American teens, while her androgynous public persona and unladylike language defied the Disco era. From the underground, Patti Smith has become one of rock and roll's most influential musicians.

Smith's commercial success has been limited in that she has never had an RIAA certified record and has had just three Top 20 singles (One each on the Hot 100, Modern Rock and Mainstream Rock charts). However, *Rolling Stone* magazine placed her at #47 in its list of the 100 Greatest Artists of All Time. On March 12, 2007, she was inducted into the Rock and Roll Hall of Fame.

October 28th at Lisbon Coliseu. Tickets: €25 - €30.

## CHARITY

### Charity Health Run

On Sunday 28th October 2007 the 6th Charity Health run will be held. Registration for the run



starts at 10am, with the run taking off at 10.30am. Meet at Ria Formosa Bridge Car Park, Quinta do Lago Barringtons Golf & Health Spa, in Vale do Lobo. Run run 5km or 10km walk or run in aid of the ACCA - Underprivileged Children in Need of the Algarve. Entry is €12 for adults and €5 for children, or €25 to Family pack (2 adults plus children), which includes a free T-shirt. For tickets, call Maria Raposo Interior Design on 919 617 995, Quinta Shopping on 963 494 788 or Wanda Crawford: 919 617 995 or Jackie Quirk: 963 494 788.

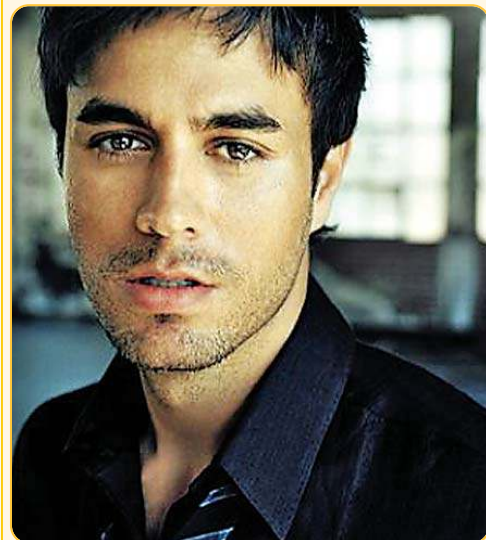
## Enrique Iglesias

Enrique Miguel Iglesias Preysler is a singer/songwriter of Asian and European ancestry.

Iglesias's career started on Indie label Fonovisa who helped turn him into one of the most popular artists in Latin America and in the Latin market in the United States, selling more Spanish albums than any other artists in that period of time. Before the turn of the millennium he made a crossover into the mainstream English market and signed a unique multi-al-

bum deal with Universal Music for an unprecedented \$48,000,000, with Universal Music Latino to release his Spanish albums and Interscope to release English albums.

Iglesias has had five Billboard Chart #1s in English and holds the record for producing seventeen number 1 Spanish language hits singles on the Billboard's Hot Latin Tracks. His album sales currently total over 41 million, making him one of the biggest-selling Spanish musical artists in the world.



October 28th at Lisbon Pavilhão Atlântico from 9.30pm. Tickets: €23 - €50.

## COMING SOON

## BOX OFFICE

## COMING SOON

### NOVEMBER

**Interpol + Blonde Redhead** - November 7th at Lisbon Coliseu from 9pm. Tickets: €25 - €28.  
**Da Weasel** - November 10th at Lisbon Pavilhão Atlântico. Tickets: €15 - €25.  
**Editors** - November 16th at Lisbon Pavilhão do Restelo from 9pm. Tickets: €30.  
**NOFX, The Loved Ones, Easyway, Humble** - November 18th at Carcavels Pavilhão Desportivo da Quinta dos Lombos from 6pm. Tickets: €25.

### NOVEMBER

**Argentinean Tango** - Performances by quintet Tango Quattro accompanied by renowned dancers Juan Capriotti and Veronique Guide. November 10th from 9.30pm at Teatro das Figuras in Faro. Tickets: €25.  
**Bugs Bunny on Ice** - 'Around the World in 80 Minutes Show' is a show based on the bestseller by Jules Verne. See all of your favourite Looney Tunes characters such as Bugs, Daffy Duck, Tweety, Sylvester, Speedy Gonzales, Granny and the Tasmanian Devil on ice. November 1st - 11th at Lisbon's Campo Pequeno. Tickets: €15 - €40.

**Marilyn Manson + Turbonegro** - November 19th at Lisbon Pavilhão Atlântico from 8.30pm. Tickets: €25 - €30.  
**Jorge Palma** - November 20th at Lisbon Coliseu. Tickets: €17.50 - €35.  
**DECEMBER**  
**Scorpions** - December 4th at Lisbon Pavilhão Atlântico from 9.30pm. Tickets: €29 - €42.  
**Xutos e Pontapés** - December 8th at Lisbon bullring in Campo Pequeno from 11pm. Tickets: €5.  
**Carmen** - December 15th at Pavilhão Atlântico in Lisbon from 9.30pm. Tickets: €22.50 - €100.

**Barbie at the Symphony** - This series of 6 CGI animated films features Barbie™ singing and dancing to some of the world's best loved musical scores, and includes ballet sequences choreographed by Peter Martins of the New York City Ballet. November 17th and 18th at Lisbon Coliseu dos Recreios from 11am to 3pm. Tickets: €20 - €35.  
November 25th at Oporto Coliseu in Oporto from 11am to 3pm. Tickets: €18 - €35.  
**Sleeping Beauty Ballet** - This show has been described as representing a 'Ballet Symphony'. November 22nd - 24th at Lisbon Coliseu dos Recreios. November 27th Oporto Coliseu. Tickets: €12.50 - €37.50.

## LIVE CONCERTS

### JANUARY

**Strauss Orchestra Festival** - January 4th, 5th at Lisbon Coliseu from 9.30pm. Tickets: €10 - €45.

### FEBRUARY 2008

**Korn** - February 27th from 8pm at Pavilhão Atlântico. Tickets: €25 - €35.

### MARCH 2008

**The Cure** - March 8th from 8pm at Pavilhão Atlântico. Tickets: €28 - €40.  
**APRIL 2008**  
**Nightwish** - April 18th in Oporto Coliseu. April 19th at Lisbon Coliseu. Further info TBA.

## LIVE SHOWS

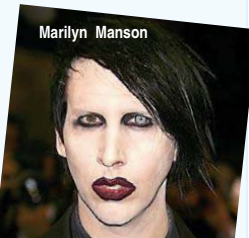
ets: €12.50 - €37.50.

### DECEMBER

**Noddy Live** - Noddy is returning to Portugal for a Christmas special on December 8th and 9th with daily sessions at 11am, 3.30pm and 7.30pm on December 8th. Minimum age of 3.

### FEBRUARY 2008

**Tap Dogs** - Tap Dogs are currently taking the world by storm with their unprecedented tap show that combines the strength and power of male workmen with the precision and talent of tap dancing. February 12th until 17th at Lisbon Casino Ocean Auditorium in Lisbon. Tickets: €30 to €35.



## The Artist's Workshop

Come & Enjoy a day of Creativity!

### Tile Paintings

Paint your own design on a tile or bowl!  
Every Thursday  
10.30am - 4.30pm

### Silk Painting

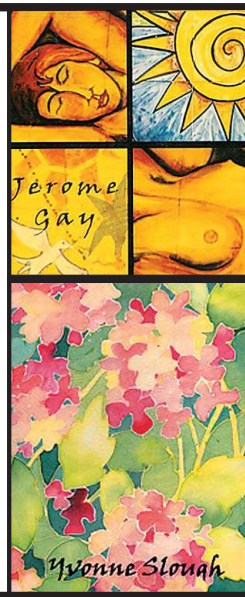
Work & watch the exciting effects of paint on silk.  
Every Tuesday  
10.30am - 4.30pm

For more information:

Tel: 282 911 519

965 049 722

[yvonne.slough@hotmail.com](mailto:yvonne.slough@hotmail.com)



## St. Andrew's Ball

The St. Andrew's Ball will take place on Saturday 1st December, at the Hotel Tivoli Almansor. Dancing will be to the music of "Sound of Islay". Please contact Cathy on 919635246 for tickets.

**TICKETS** Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: [www.pavilhaoatlantico.pt](http://www.pavilhaoatlantico.pt); [www.ticketline.pt](http://www.ticketline.pt) | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline); 213 240 580 (Lisbon Coliseu)



## ALGARVE

### SBC FORUM ALGARVE

TEL: 289 887 212  
25 OCT-31 OCT

**1 The Brave One**  
Jodie Foster, Terrence Howard  
13.05-15.40-18.15-21.00 (23.40 Fri & Sat)

**2 The Seeker: The Dark is Rising**  
Alexander Ludwig, Christopher Eccleston  
(11.50 Sat & Sun) 14.10-16.30-18.55-21.10 (23.30 Fri & Sat)

**3 Bratz**  
Logan Browning, Janel Parrish  
(11.20 Sat & Sun) 13.50-16.20-18.50  
**The Heartbreak Kid**  
Ben Stiller, Michelle Monaghan  
21.20 (00.00 Fri & Sat)

**4 Knocked Up**  
Seth Rogen, Katherine Heigl  
13.00-15.50-18.40-21.30 (00.20 Fri & Sat)

**Shark Bait**  
Animation PV  
(10.45 Sat & Sun)

**5 Resident Evil: Extinction**  
Milla Jovovich, Oded Fehr  
(12.40 Sat & Sun) 14.55-17.10-19.25-21.40 (23.55 Fri & Sat)

**6 Rush Hour 3**  
Jackie Chan, Chris Tucker  
13.20-15.30-17.40-19.50-22.00 (00.10 Fri & Sat)

**7 The Kingdom**  
Jamie Foxx, Jennifer Garner  
14.20-16.50-19.20-21.50

**The Bourne Ultimatum**  
Matt Damon, Julia Stiles  
(00.25 Fri & Sat)

**Ratatouille**  
Animation PV  
(11.40 Sat & Sun)

**8 2 Days in Paris**  
Julie Delpy, Adam Goldberg  
19.15-21.45 (00.05 Fri & Sat)

**Becoming Jane**  
Anne Hathaway, James McAvoy  
11.25-16.35

**Julgamento**  
Alexandra Lencastre, Fernanda Serrano  
14.05

**9 Stardust**  
Charlie Cox, Peter O'Toole  
14.00 (00.15 Fri & Sat) (21.15 Sun-Wed)

**Julgamento**  
Alexandra Lencastre, Fernanda Serrano  
(18.20 Sun-Wed)

**Note: 8th French Film Festival on 25,26,27 Oct - Please call SBC for programme**

## CASTELLO LOPES CINEMAS

### PORTIMÃO

TEL: 707 220 220  
25 OCT-31 OCT

**1 Resident Evil: Extinction**  
Milla Jovovich, Oded Fehr  
13.35-15.35-17.45-19.50-21.50-00.20

**2 Are We Done Yet?**  
Ice Cube, Nia Long

**3 Knocked Up**  
Seth Rogen, Katherine Heigl  
13.30-16.00-18.40-21.10-00.00

**4 Ratatouille**  
Animation PV  
14.00

**The Kingdom**  
Jamie Foxx, Jennifer Garner  
16.20-18.50-21.20-23.45

**5 Rush Hour 3**  
Jackie Chan, Chris Tucker  
14.20-16.40-19.10-21.40-23.50

**6 The Seeker: The Dark is Rising**  
Alexander Ludwig, Christopher Eccleston  
14.10-16.30-19.00-21.30-23.55

■ OV = Original Version  
■ PV = Portuguese Version

## CASTELLO LOPES CINEMAS

### ALGARVESHOPPING

TEL: 707 220 220  
25 OCT-31 OCT

**1 Bratz**  
Logan Browning, Janel Parrish  
13.25-16.05-18.50-21.15-23.45

**2 Resident Evil: Extinction**  
Milla Jovovich, Oded Fehr  
13.15-15.20-17.25-19.30-21.40-00.05

**3 A Outra Margem**  
Filipe Duarte, Maria D'Aires  
13.50-16.40-19.05-21.50-00.20

**4 The Invisible**  
Justin Chatwin, Margarita Levieva  
14.00

**The Heartbreak Kid**  
Ben Stiller, Michelle Monaghan  
16.20-19.00-21.35-00.10

**5 Ratatouille**  
Animation PV  
13.30

**The Kingdom**  
Jamie Foxx, Jennifer Garner  
16.00-18.35-21.00-23.30

**6 Knocked Up**  
Seth Rogen, Katherine Heigl  
13.10-15.50-18.30-21.10-00.00

**7 Rush Hour 3**  
Jackie Chan, Chris Tucker  
13.40-16.50-19.20-21.25-23.40

**8 The Seeker: The Dark is Rising**  
Alexander Ludwig, Christopher Eccleston  
13.35-16.30-19.10-21.30-23.55

**9 The Brave One**  
Jodie Foster, Terrence Howard  
13.00-16.10-18.45-21.20-00.15

## LUSOMUNDO

### VILAMOURA

TEL: 289 302 277  
25 OCT-31 OCT

**45**  
Milla Jovovich, Stephen Dorff  
15.30-18.30-21.30

## CENTRE

### LUSOMUNDO

#### ALMADA FORUM

TEL: 707 246362  
25 OCT-31 OCT

**Resident Evil: Extinction**  
Milla Jovovich, Oded Fehr

**The Heartbreak Kid**  
Ben Stiller, Michelle Monaghan

**Rush Hour 3**  
Jackie Chan, Chris Tucker

**Knocked Up**  
Seth Rogen, Katherine Heigl

**The Brave One**  
Jodie Foster, Terrence Howard

**Ratatouille**  
Animation PV

**The Invisible**  
Justin Chatwin, Margarita Levieva

**Rescue Dawn**  
Christian Bale, Steve Zahn

**Shark Bait**  
Animation PV

**Is / Them**  
Olivia Bonamy, Michaël Cohen

**Stardust**  
Charlie Cox, Peter O'Toole

**The Bourne Ultimatum**  
Matt Damon, Julia Stiles

**Bratz**  
Logan Browning, Janel Parrish

**1408**  
John Cusack, Samuel L. Jackson

**A Outra Margem**  
Filipe Duarte, Maria D'Aires

**Evening**  
Meryl Streep, Glen Close

**Fados**  
Documentary

**The Kingdom**  
Jamie Foxx, Jennifer Garner

**MILLENIUM**  
**ALVALÁXIA**  
TEL: 21 754 9000  
25 OCT-31 OCT

**The Seeker: The Dark is Rising**  
Alexander Ludwig, Christopher Eccleston

**Knocked Up**  
Seth Rogen, Katherine Heigl

**The Brave One**  
Jodie Foster, Terrence Howard

**Resident Evil: Extinction**  
Milla Jovovich, Oded Fehr

**Are We Done Yet?**  
Ice Cube, Nia Long

**The Kingdom**  
Jamie Foxx, Jennifer Garner

**Bratz**  
Logan Browning, Janel Parrish

**Evening**  
Meryl Streep, Glen Close

**Rescue Dawn**  
Christian Bale, Steve Zahn

**The Heartbreak Kid**  
Ben Stiller, Michelle Monaghan

**Julgamento**  
Alexandra Lencastre, Fernanda Serrano

**45**  
Milla Jovovich, Stephen Dorff

**Stardust**  
Charlie Cox, Peter O'Toole

**No Reservations**  
Catherine Zeta-Jones, Aaron Eckhart

**Rush Hour 3**  
Jackie Chan, Chris Tucker

**Planet Terror**  
Freddy Rodriguez, Rose McGowan

**Ratatouille**  
Animation PV

**The Bourne Ultimatum**  
Matt Damon, Julia Stiles

**The Invisible**  
Justin Chatwin, Margarita Levieva

**Becoming Jane**  
Anne Hathaway, James McAvoy

**LUSOMUNDO**  
**AMOREIRAS**  
TEL: 707 246362  
25 OCT-31 OCT

**Knocked Up**  
Seth Rogen, Katherine Heigl

**The Brave One**  
Jodie Foster, Terrence Howard

**The Kingdom**  
Jamie Foxx, Jennifer Garner

**Meet the Robinsons**  
Animation

**The Heartbreak Kid**  
Ben Stiller, Michelle Monaghan

**A Outra Margem**  
Filipe Duarte, Maria D'Aires

**Rescue Dawn**  
Christian Bale, Steve Zahn

**Fados**  
Documentary

**LUSOMUNDO**  
**CASCAISHOPPING**  
TEL: 707 246362  
25 OCT-31 OCT

**Ratatouille**  
Animation PV

**Rush Hour 3**  
Jackie Chan, Chris Tucker

**Bratz**  
Logan Browning, Janel Parrish

**The Brave One**  
Jodie Foster, Terrence Howard

**Resident Evil: Extinction**  
Milla Jovovich, Oded Fehr

**The Kingdom**  
Jamie Foxx, Jennifer Garner

**UCI CINEMAS**  
**EL CORTE INGLÉS**  
TEL: 707 23 22 21  
25 OCT-31 OCT

**The Inner Life of Martin Frost**  
David Thewlis, Irène Jacob

**Les Chansons d'Amour**  
Louis Garrel, Ludvine Sagnier

**Shark Bait**  
Animation PV (Sat & Sun)

**Rush Hour 3**  
Jackie Chan, Chris Tucker

**Fados**  
Documentary

**The Bourne Ultimatum**  
Matt Damon, Julia Stiles

**The Seeker: The Dark is Rising**  
Alexander Ludwig, Christopher Eccleston

**Knocked Up**  
Seth Rogen, Katherine Heigl

**Becoming Jane**  
Anne Hathaway, James McAvoy

**No Reservations**  
Catherine Zeta-Jones, Aaron Eckhart

**Evening**  
Meryl Streep, Glen Close

**Le Scaphandre et le Papillon**  
Mathieu Amalric, Emmanuelle Seigner

**The Heartbreak Kid**  
Ben Stiller, Michelle Monaghan

**The Brave One**  
Jodie Foster, Terrence Howard

**Resident Evil: Extinction**  
Milla Jovovich, Oded Fehr

**The Kingdom**  
Jamie Foxx, Jennifer Garner

**UCI CINEMAS**  
**FREEPORT**  
TEL: 707 23 22 21  
25 OCT-31 OCT

**Resident Evil: Extinction**  
Milla Jovovich, Oded Fehr

**Knocked Up**  
Seth Rogen, Katherine Heigl

**The Seeker: The Dark is Rising**  
Alexander Ludwig, Christopher Eccleston

**The Kingdom**  
Jamie Foxx, Jennifer Garner

**The Brave One**  
Jodie Foster, Terrence Howard

**Ratatouille**  
Animation PV

**No Reservations**  
Catherine Zeta-Jones, Aaron Eckhart

**The Heartbreak Kid**  
Ben Stiller, Michelle Monaghan

**Everyone's Hero**  
Animation

**Stardust**  
Charlie Cox, Peter O'Toole

**Rush Hour 3**  
Jackie Chan, Chris Tucker

**The Bourne Ultimatum**  
Matt Damon, Julia Stiles

**Are We Done Yet?**  
Ice Cube, Nia Long

**Planet Terror**  
Freddy Rodriguez, Rose McGowan

**LUSOMUNDO**  
**FORUM MONTIJO**  
TEL: 707 246362  
25 OCT-31 OCT

**Knocked Up**  
Seth Rogen, Katherine Heigl

**Meet the Robinsons**  
Animation PV

**The Heartbreak Kid**  
Ben Stiller, Michelle Monaghan

**Julgamento**  
Alexandra Lencastre, Fernanda Serrano

**Bratz**  
Logan Browning, Janel Parrish

**The Invisible**  
Justin Chatwin, Margarita Levieva

**The Kingdom**  
Jamie Foxx, Jennifer Garner

**The Brave One**  
Jodie Foster, Terrence Howard

**Resident Evil: Extinction**  
Milla Jovovich, Oded Fehr

**The Kingdom**  
Jamie Foxx, Jennifer Garner

**LUSOMUNDO**  
**ODIVELAS PARQUE**  
TEL: 707 246362  
25 OCT-31 OCT

**Knocked Up**  
Seth Rogen, Katherine Heigl

**The Heartbreak Kid**  
Ben Stiller, Michelle Monaghan

**Julgamento**  
Alexandra Lencastre, Fernanda Serrano

**Bratz**  
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**Fados**  
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Anne Hathaway, James McAvoy

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Catherine Zeta-Jones, Aaron Eckhart

**Evening**  
Meryl Streep, Glen Close

**Le Scaphandre et le Papillon**  
Mathieu Amalric, Emmanuelle Seigner

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Ben Stiller, Michelle Monaghan

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Jodie Foster, Terrence Howard

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Jackie Chan, Chris Tucker

**Fados**  
Documentary





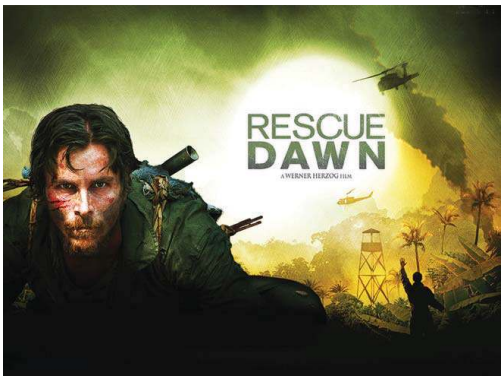
## RESIDENT EVIL: EXTINCTION



Milla Jovovich is back as Alice and she's running with a new pack of humans, leading a caravan that's cutting through the Nevada desert on a long trek to Alaska. Hunted by the minions of the perpetually scheming Dr. Isaacs (Iain Glen), Alice has zombies hungry for her flesh and lab rats hungry for her blood, while Alice herself is hungry for only one thing: revenge.

The third and final instalment of the \$100 million *Resident Evil* hits, *Resident Evil: Extinction* is again based on the wildly popular video game series and picks up where the last film left off. Alice (Milla Jovovich), now in hiding in the Nevada desert, once again joins forces with Carlos Olivera (Oded Fehr) and L.J. (Mike Epps), along with new survivors Claire (Ali Larter), K-Mart (Spencer Locke) and Nurse Betty (Ashanti) to try to eliminate the deadly virus that threatens to make every human being undead...and to seek justice.

Since being captured by the Umbrella Corporation, Alice has been subjected to biogenic experimentation and becomes genetically altered, with super-human strengths, senses and dexterity. These skills, and more, will be needed if anyone is to remain alive.

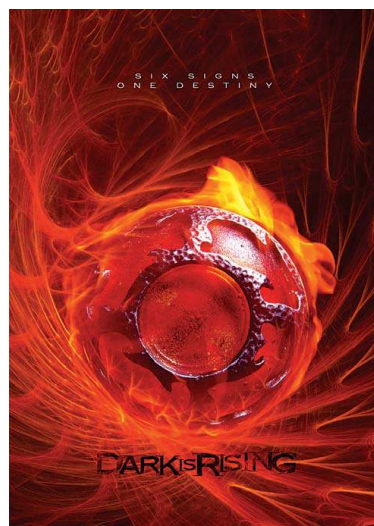
## RESCUE DAWN

In the annals of history's great escapes there is no other story like that of Dieter Dengler, the only American to ever break out of a POW camp in the impenetrable Laotian jungle. After months plotting his getaway from a harrowing prison and a death-defying journey through some of the world's fiercest wilderness, Dengler appeared at his first press conference looking like a dashing movie star and showing neither sentimentality nor bitterness, simply an indomitable will to survive that allowed him to triumph against impossible odds.

Now, from legendary director Werner Herzog (*Grizzly Man*, *Fitzcarraldo*) and starring acclaimed actor Christian Bale (*Batman Begins*, *The Prestige*) comes the incredible true story of a man who, from the depths of total darkness, blazed his own wilful path to freedom. A blistering action-adventure and a stark epic of survival, *Rescue Dawn* reveals how Dieter Dengler relied on the most primal qualities of evasion, endurance, tenacity and courage to find his way home.

Based on Susan Cooper's 1973 Newbery Award-winning fantasy novel, *The Dark is Rising*, director David L. Cunningham's 2007 film follows the adventures of young protagonist Will Stanton (Alexander Ludwig), who discovers that he is an immortal being connected with an ancient struggle between good and evil. Aided by fellow "Old Ones," including Miss Greythorne (Frances Conroy) and Merriman Lyon (Ian McShane), Will, an American transplant in England, must face off against shadowy forces bent on world domination, most notably represented by the black-clad Rider (Christopher Eccleston).

Taking a different approach to Cooper's revered novel, *The Seeker*, actually drawn from the second book in *The Dark is Rising* sequence, will certainly raise the eyebrows of ardent fans of the series, particularly given screenwriter John Hodge's considerable alterations to the original story. (For example, Will is American instead of British.) For those unattached to Cooper's story, however, *The Seeker* will likely prove to be an enjoyable escapist film, with Conroy (*Six Feet Under*), McShane (*Deadwood*), and Eccleston (*Heroes*) adding credibility to a largely unknown cast that is anchored by the likable Ludwig. Pre-



sented by Walden Media, the company behind the *Chronicles of Narnia* screen adaptations, *The Seeker* may not please Cooper purists, but it will undoubtedly entertain those looking for a diverting fantasy movie.

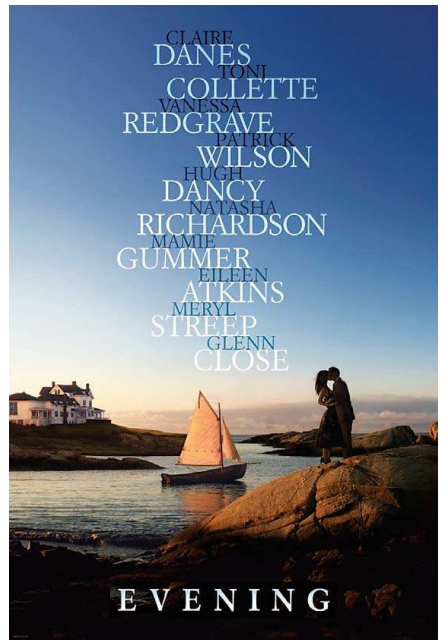
Director Sean McNamara tackles teenage cliques, the power of friendship, and the importance of individuality with characters based on the *Bratz* dolls. Sasha (Logan Browning), Jade (Janel Parrish), Yasmin (Nathalia Ramos), and Cloe (Skyler Shaye) are four free-spirited teens who are thick as thieves as they start their freshman year at Carry Nation High School. But soon, everything changes. Principal Dimly's (Jon Voight) daughter, Meredith Baxter Dimly (Chelsea Staub), rules the school with an iron fist, ensuring that all the students stay where they belong in their respective cliques. Although these four best friends try to buck the school's trend and remain close, their academic and extracurricular interests pull them in different directions until they realize that staying friends, being true to themselves, and following their dreams are more important than anything else.



## bratz

*Evening* unites a stellar cast, and is based on the beloved novel by Susan Minot and adapted for the screen by Ms. Minot and Pulitzer Prize-winning author Michael Cunningham (*The Hours*), under the direction of Lajos Koltai (Fateless), who was previously an Academy Award-nominated cinematographer. *Evening* is a deeply emotional film that illuminates the timeless love which binds mother and daughter, seen through the prism of one mother's life as it crests with optimism, navigates a turning point, and ebbs to its close. Two pairs of real-life mothers and daughters – Vanessa Redgrave and Natasha Richardson, and Meryl Streep and Mame Gummer – portray, respectively, a mother and her daughter and the mother's best friend at different stages in life.

*Evening* also stars Toni Collette, Eileen Atkins, Claire Danes, Hugh Dancy, Patrick Wilson and Glenn Close.

CLAIRE DANES  
TONI COLLETTE  
VANESSA REDGRAVE  
PATRICK WILSON  
HUGH DANCY  
NATASHA RICHARDSON  
MAME GUMMER  
EILEEN ATKINS  
MERYL STREEP  
GLENN CLOSE

## EVENING



## CELEB NEWS

**CSI: Crime Scene Investigation** regular **Jorja Fox** is to leave the hit drama after seven years. The 39-year-old actress first introduced the character of forensics expert Sara Sidle in 2000. She is quitting the show in November after failing to agree terms on a new deal. In an exclusive chat with TV Guide magazine, Fox reveals, "A couple of years ago, I decided not to take the raise that was offered me, (which) would have added a year to my contract." The actress admits she still feels frustrated and hurt after CSI producers fired her and co-star **George Eads** following a salary dispute in 2004. She adds, "I wasn't sure I wanted to give anybody any extra time. And the raise was terrible, to be frank. An extra year for that amount of money? No, thank you." But the actress admits she'll miss her onscreen love interest, **William Petersen**: "He's the most incredible scene partner I've ever had and he's a great friend. I couldn't have scored any higher than getting **William Petersen** to be my boyfriend on TV." «»»»

**Mark Wahlberg** is so serious about convincing audiences as boxing legend Mickey 'Irish' Ward in upcoming movie *The Fighter*, he's already been in training for a year. Even though the film doesn't start shooting for another eight months, Wahlberg has been getting up at four o'clock every morning for the last 12 months to get in top physical condition for the part. The actor trains for hours each day despite the fact he's currently filming another movie, *The Happening*. He tells MTV, "It will be a year, on October 13, that I have been training. I have another six to eight months of training before we actually start shooting. We're running, we're watching fights... I've got a full ring set up at my house. (We're shooting *The Happening*) in Philadelphia now, so it's a bit of a Rocky thing. I am up at four in the morning. We go to the gym at five when it opens. I'm jumping rope, hitting the speed bag, the double-end bag, the mitts, and we're sparring a little bit." «»»»

**Robert Redford** is "hypocritical" when it comes to leading a green life, the active environmentalist admits he likes nothing better than driving around in his sports car. Redford has long been an outspoken opponent of global warming, and while he has lived in a house with solar-powered heating for more than 30 years, he still likes to occasionally speed around in a high-performance, gas-guzzling vehicle. The veteran actor/director tells Playboy magazine, "I drive hybrid cars. I've had passive solar heating and wind generation in my Utah home since 1975. I bike and ride horses as much as I can. But I must say, I do like racing fast cars. It's a hypocritical, weak move on my part. We do what we can. But I've always loved speed. I love finding a good stretch of road and cutting loose in my Porsche. That's all I want to say about that". «»»»

Screen veteran **Donald Sutherland** is such a fan of his son **Kiefer Sutherland**'s hit show 24 he once blasted him for revealing plot details over dinner. Donald never misses an episode of the series, which stars Kiefer as anti-terrorism expert Jack Bauer. However, Kiefer once felt his father's fury after he unwittingly gave away story details. He says, "I remember last year we were having dinner and I made the mistake of saying I had to go home soon because we're shooting x, y and z. And he got cross with me, because I had told him what I was shooting, just not thinking about it, and obviously gave away a piece of the plot." It's no surprise Donald took it so hard - he even followed the show when he was in France filming. Kiefer explains, "My old man started to watch 24 in France when he was on location, it didn't have any commercials over there. Then he came to the States and he hated the commercials. Then he went back to France and he missed the commercials, because it gave him time to breathe. I always found that funny". «»»»

## NORTH

**UCI CINEMAS**  
**ARRÁBIDA SHOPPING**  
TEL: 707 23 22 21  
**25 OCT-31 OCT**

**The Heartbreak Kid**  
Ben Stiller, Michelle Monaghan  
**Evening**  
Meryl Streep, Glen Close  
**1408**  
John Cusack, Samuel L. Jackson  
**Stardust**  
Charlie Cox, Peter O'Toole  
**A Mighty Heart**  
Angelina Jolie, Dan Futterman  
**Are We Done Yet?**  
Ice Cube, Nia Long  
**Planet Terror**  
Freddy Rodriguez, Rose McGowan  
**A Outra Margem**  
Filipe Duarte, Maria D'Aires  
**Shark Bait**  
Animation PV  
**I Now Pronounce You Chuck and Larry**  
Adam Sandler, Kevin James  
**No Reservations**  
Catherine Zeta-Jones, Aaron Eckhart  
**The Bourne Ultimatum**  
Matt Damon, Julia Stiles  
**The Brave One**  
Jodie Foster, Terrence Howard  
**The Kingdom**  
Jamie Foxx, Jennifer Garner  
**The Seeker: The Dark is Rising**  
Alexander Ludwig, Christopher Eccleston  
**Bratz**  
Logan Browning, Janel Parrish  
**Resident Evil: Extinction**  
Milla Jovovich, Oded Fehr  
**Rush Hour 3**  
Jackie Chan, Chris Tucker  
**Le Scaphandre et le Papillon**  
Mathieu Amalric, Emmanuelle Seigner  
**Ratatouille**  
Animation OV & PV  
**Next**  
Nicolas Cage, Julianne Moore  
**Knocked Up**  
Seth Rogen, Katherine Heigl

**LUSOMUNDO**  
**DOLCE VITA COIMBRA**  
TEL: 707 246362  
**25 OCT-31 OCT**

**The Heartbreak Kid**  
Ben Stiller, Michelle Monaghan  
**Stardust**  
Charlie Cox, Peter O'Toole  
**The Brave One**  
Jodie Foster, Terrence Howard  
**Rescue Dawn**  
Christian Bale, Steve Zahn  
**The Kingdom**  
Jamie Foxx, Jennifer Garner  
**The Seeker: The Dark is Rising**  
Alexander Ludwig, Christopher Eccleston  
**Shark Bait**  
Animation PV  
**1408**  
John Cusack, Samuel L. Jackson  
**A Outra Margem**  
Filipe Duarte, Maria D'Aires  
**A Mighty Heart**  
Angelina Jolie, Dan Futterman  
**Fados**  
Documentary  
**Ratatouille**  
Animation PV  
**The Invisible**  
Justin Chatwin, Margarita Levieva

**LUSOMUNDO**  
**DOLCE VITA DOURO**  
TEL: 707 246362  
**25 OCT-31 OCT**

**Resident Evil: Extinction**  
Milla Jovovich, Oded Fehr  
**The Kingdom**  
Jamie Foxx, Jennifer Garner  
**The Invisible**  
Justin Chatwin, Margarita Levieva  
**The Heartbreak Kid**  
Ben Stiller, Michelle Monaghan  
**Rush Hour 3**  
Jackie Chan, Chris Tucker  
**Knocked Up**  
Seth Rogen, Katherine Heigl

**Shark Bait**  
Animation  
**1408**  
John Cusack, Samuel L. Jackson

**LUSOMUNDO**  
**DOLCE VITA PORTO**  
TEL: 707 246362  
**25 OCT-31 OCT**

**Knocked Up**  
Seth Rogen, Katherine Heigl  
**Evening**  
Meryl Streep, Glen Close  
**The Heartbreak Kid**  
Ben Stiller, Michelle Monaghan  
**Ratatouille**  
Animation PV  
**The Brave One**  
Jodie Foster, Terrence Howard  
**Rush Hour 3**  
Jackie Chan, Chris Tucker  
**Rescue Dawn**  
Christian Bale, Steve Zahn  
**Becoming Jane**  
Anne Hathaway, James McAvoy

**LUSOMUNDO**  
**FERRARA PLAZA**  
TEL: 707 246362  
**25 OCT-31 OCT**

**Julgamento**  
Alexandra Lencastre, Fernanda Serrano  
**Rush Hour 3**  
Jackie Chan, Chris Tucker  
**The Invisible**  
Justin Chatwin, Margarita Levieva  
**Shark Bait**  
Animation  
**The Heartbreak Kid**  
Ben Stiller, Michelle Monaghan  
**1408**  
John Cusack, Samuel L. Jackson

**LUSOMUNDO**  
**FORUM AVEIRO**  
TEL: 707 246362  
**25 OCT-31 OCT**

**A Outra Margem**  
Filipe Duarte, Maria D'Aires  
**Death at a Funeral**  
Matthew MacFadyen, Keeley Hawes  
**The Inner Life of Martin Frost**  
David Thewlis, Irène Jacob  
**No Reservations**  
Catherine Zeta-Jones, Aaron Eckhart  
**Julgamento**  
Alexandra Lencastre, Fernanda Serrano  
**The Kingdom**  
Jamie Foxx, Jennifer Garner  
**Shark Bait**  
Animation PV  
**Les Chansons d'Amour**  
Louis Garrel, Ludivine Sagnier  
**Stardust**  
Charlie Cox, Peter O'Toole  
**The Brave One**  
Jodie Foster, Terrence Howard

**LUSOMUNDO**  
**FORUM COIMBRA**  
TEL: 707 246362  
**25 OCT-31 OCT**

**Julgamento**  
Alexandra Lencastre, Fernanda Serrano  
**No Reservations**  
Catherine Zeta-Jones, Aaron Eckhart  
**Bratz**  
Logan Browning, Janel Parrish  
**Are We Done Yet?**  
Ice Cube, Nia Long  
**Ratatouille**  
Animation PV  
**The Bourne Ultimatum**  
Matt Damon, Julia Stiles  
**Meet the Robinsons**  
Animation  
**Rush Hour 3**  
Jackie Chan, Chris Tucker  
**Knocked Up**  
Seth Rogen, Katherine Heigl

**Resident Evil: Extinction**  
Milla Jovovich, Oded Fehr

**LUSOMUNDO**  
**FORUM VISEU**  
TEL: 707 246362  
**25 OCT-31 OCT**

**Shark Bait**  
Animation PV  
**The Kingdom**  
Jamie Foxx, Jennifer Garner  
**Rush Hour 3**  
Jackie Chan, Chris Tucker  
**Knocked Up**  
Seth Rogen, Katherine Heigl  
**The Invisible**  
Justin Chatwin, Margarita Levieva  
**The Heartbreak Kid**  
Ben Stiller, Michelle Monaghan  
**A Outra Margem**  
Filipe Duarte, Maria D'Aires  
**Resident Evil: Extinction**  
Milla Jovovich, Oded Fehr

**LUSOMUNDO**  
**FORUM VIZELA**  
TEL: 707 246362  
**25 OCT-31 OCT**

**The Bourne Ultimatum**  
Matt Damon, Julia Stiles  
**The Invisible**  
Justin Chatwin, Margarita Levieva  
**Ratatouille**  
Animation PV  
**Julgamento**  
Alexandra Lencastre, Fernanda Serrano

**LUSOMUNDO**  
**FOZ PLAZA**  
TEL: 707 246362  
**25 OCT-31 OCT**

**Julgamento**  
Alexandra Lencastre, Fernanda Serrano  
**No Reservations**  
Catherine Zeta-Jones, Aaron Eckhart  
**Resident Evil: Extinction**  
Milla Jovovich, Oded Fehr  
**Ratatouille**  
Animation PV  
**Rush Hour 3**  
Jackie Chan, Chris Tucker  
**Knocked Up**  
Seth Rogen, Katherine Heigl  
**The Invisible**  
Justin Chatwin, Margarita Levieva

**LUSOMUNDO**  
**GAIA SHOPPING**  
TEL: 707 246362  
**25 OCT-31 OCT**

**Are We Done Yet?**  
Ice Cube, Nia Long  
**Julgamento**  
Alexandra Lencastre, Fernanda Serrano  
**Stardust**  
Charlie Cox, Peter O'Toole  
**The Invisible**  
Justin Chatwin, Margarita Levieva  
**Rush Hour 3**  
Jackie Chan, Chris Tucker  
**Resident Evil: Extinction**  
Milla Jovovich, Oded Fehr  
**The Heartbreak Kid**  
Ben Stiller, Michelle Monaghan  
**Bratz**  
Logan Browning, Janel Parrish  
**Shark Bait**  
Animation PV  
**The Kingdom**  
Jamie Foxx, Jennifer Garner  
**Knocked Up**  
Seth Rogen, Katherine Heigl  
**Ratatouille**  
Animation PV  
**Fados**  
Documentary

**LUSOMUNDO**  
**GLICÍNIAS**  
TEL: 707 246362  
**25 OCT-31 OCT**

**The Heartbreak Kid**  
Ben Stiller, Michelle Monaghan  
**The Seeker: The Dark is Rising**  
Alexander Ludwig, Christopher Eccleston  
**1408**  
John Cusack, Samuel L. Jackson

**The Bourne Ultimatum**  
Matt Damon, Julia Stiles  
**Rush Hour 3**  
Jackie Chan, Chris Tucker  
**The Invisible**  
Justin Chatwin, Margarita Levieva  
**Planet Terror**  
Freddy Rodriguez, Rose McGowan  
**Resident Evil: Extinction**  
Milla Jovovich, Oded Fehr  
**Knocked Up**  
Seth Rogen, Katherine Heigl

**LUSOMUNDO**  
**MAIA SHOPPING**  
TEL: 707 246362  
**25 OCT-31 OCT**

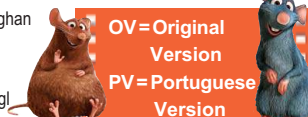
**Resident Evil: Extinction**  
Milla Jovovich, Oded Fehr  
**Knocked Up**  
Seth Rogen, Katherine Heigl  
**Julgamento**  
Alexandra Lencastre, Fernanda Serrano  
**Ratatouille**  
Animation PV  
**Rush Hour 3**  
Jackie Chan, Chris Tucker  
**The Heartbreak Kid**  
Ben Stiller, Michelle Monaghan  
**The Kingdom**  
Jamie Foxx, Jennifer Garner

**LUSOMUNDO**  
**NORTE SHOPPING**  
TEL: 707 246362  
**25 OCT-31 OCT**

**El Cantante**  
Marc Anthony, Jennifer Lopez  
**The Kingdom**  
Jamie Foxx, Jennifer Garner  
**Knocked Up**  
Seth Rogen, Katherine Heigl  
**The Brave One**  
Jodie Foster, Terrence Howard  
**Bratz**  
Logan Browning, Janel Parrish  
**The Bourne Ultimatum**  
Matt Damon, Julia Stiles  
**Land of the Blind**  
Ralph Fiennes, Donald Sutherland  
**Shark Bait**  
Animation PV  
**The Heartbreak Kid**  
Ben Stiller, Michelle Monaghan  
**Ratatouille**  
Animation PV  
**Rush Hour 3**  
Jackie Chan, Chris Tucker

**LUSOMUNDO**  
**PARQUE NASCENTE**  
TEL: 707 246362  
**25 OCT-31 OCT**

**The Kingdom**  
Jamie Foxx, Jennifer Garner  
**The Heartbreak Kid**  
Ben Stiller, Michelle Monaghan  
**Resident Evil: Extinction**  
Milla Jovovich, Oded Fehr  
**Rush Hour 3**  
Jackie Chan, Chris Tucker  
**Knocked Up**  
Seth Rogen, Katherine Heigl  
**The Bourne Ultimatum**  
Matt Damon, Julia Stiles  
**The Invisible**  
Justin Chatwin, Margarita Levieva  
**Stardust**  
Charlie Cox, Peter O'Toole  
**Julgamento**  
Alexandra Lencastre, Fernanda Serrano  
**No Reservations**  
Catherine Zeta-Jones, Aaron Eckhart  
**1408**  
John Cusack, Samuel L. Jackson  
**Its / Them**  
Olivia Bonamy, Michaël Cohen  
**Planet Terror**  
Freddy Rodriguez, Rose McGowan  
**Ratatouille**  
Animation PV  
**Evening**  
Meryl Streep, Glen Close  
**A Outra Margem**  
Filipe Duarte, Maria D'Aires  
**Le Scaphandre et le Papillon**  
Mathieu Amalric, Emmanuelle Seigner





## BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Rachel's Favourite Food for Living. (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Racing from Aintree and Chepstow. Including the 1.40 Molyneux Novice Chase at Aintree. (T) 2.20 Live Rugby Union. Worcester Warriors v Ospreys (Kick-off 2.30pm). (T) 4.30 Final Score. (T)

5.25 BBC News; Regional News; Weather. (T) 5.45 Strictly Come Dancing. Bruce Forsyth and Tess Daly present week four of the pro-celebrity dance contest, which sees the couples perform either an elegant American smooth or a sexy samba. The result can be seen tomorrow. (T)

7.15 Robin Hood. Dan Scarlett is targeted by the sheriff after he claims that a chemical weapon deployed by the tyrant is the cause of a mysterious illness. While the outlaws work to soothe the sick, Will storms the villain's castle to avenge his father. Ralf Little guest stars, with Jonas Armstrong. (T)

8.00 The National Lottery: In It to Win It. Dale Winton presents the quiz show in which five contestants answer questions to scoop a big prize. Duncan James introduces the Lotto, Dream Number and Thunderball draws. (T)

8.50 Casualty. Toby is forced to use an unproven treatment optioned by Harry to treat two injured youths who took part in a filmed knife fight. Josh breaks down after receiving news that his attacker is not fit to stand trial and his misery is compounded when Devika turns down his second proposal of marriage. (T)

9.40 The Vicar of Dibley. The Songs of Praise crew visit Dibley to record a programme in the village church, and Geraldine develops a crush on the producer. Comedy, guest starring Peter Capaldi. (R) (T)

10.10 BBC News; Weather; (T) National Lottery Update.

10.30 Match of the Day. Gary Lineker presents highlights of today's Premier League fixtures, including Chelsea's clash with Manchester City at Stamford Bridge and Manchester United v Middlesbrough at Old Trafford. Sven-Goran Eriksson spent big after joining City in the summer and his investments have seemingly turned the club into a Champions League contender. United have turned into 1-0 specialists this term, but their fans will be hoping for a far more convincing display against Gareth Southgate's Boro, who have won away just once so far this campaign. (T)

11.40 FILM: Diabolique (1996). Thriller, starring Sharon Stone. (T)

12.00 Friday Night with Jonathan Ross; (R) (T) Weatherview. 1.25 (GMT) BBC News 24. (T)



## BBC2

6.00 CBeebies: Teletubbies. (R) (T) 6.30 Balamory. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Dogstar. (T) 7.25 Dennis the Menace. (R) (T) 7.50 Watch My Chops. (R) (T) 8.00 Hider in the House. (R) (T) 9.00 TMi: (T) Diddy Dick & Dom. (R) (T) 10.30 Stupid. (R) (T) 11.00 The Story of Tracy Beaker. (R) (T) 11.25 What's New Scooby-Doo? (R) (T) 11.45 Sportsround. (T) 12.00 Animal Park. (T) 12.45 FILM: A Thunder of Drums (1961). Western, starring Richard Boone. (T) 2.15 FILM 2007 with Jonathan Ross. (R) (T) 2.45 FILM: The Lizzie McGuire Movie (2003). Children's adventure, starring Hilary Duff. (T) 4.15 BBC Switch: Falcon Beach. (T) 5.00 BBC Switch: Sound. (T) 5.35 Heroes Unmasked. (R) (T) 5.45 What the Papers Say. (T) 5.55 Coal House. (T) 6.20 Michael Palin's New Europe. (R) (T) 7.20 Porridge. Fletcher takes on the role of agony aunt and ends up writing letters home for the other inmates - but he soon discovers domestic problems of his own. (R) (T) 7.50 FILM: Help! (1965). The Beatles' enjoyable second film follows the adventures of the Fab Four as they go on the run from an Eastern religious cult. Richard Lester's musical comedy, with Leo McKern. (T) 9.20 The Culture Show. A look at the latest films which deal with the war on terror. (T) 10.10 Have I Got a Bit More News for You. (T) 10.50 TOTP2: Hallowe'en Special. (T) 11.50 Electric Proms: Bloc Party. (T) 12.20 The Tudors. (R) (T) 1.20 The Culture Show. (R) 1.10 FILM: (GMT) Pandaemonium (2000). Historical drama, starring Linus Roache. (T) 3.10 Close.

## Pick of the Day

## Strictly Come Dancing, BBC1, 5.45pm

You'd think the Beeb would have learned its lesson over the Blue Peter cat nonsense, but its attempts to persuade dedicated SCD fans they were watching a live results show a couple of weeks ago, when it was plainly pre-recorded the previous night, went down like a lead balloon. At least that minor grumble hasn't taken the gloss off this superb competition that, lest we forget, is all in the name of charity. Children in Need may get bagfuls of cash from our phone votes, but we are the grateful recipients of some top-notch telly as another galaxy of stars takes to the dance floor. This week, the 11 remaining contestants must perform either an American smooth, which calls for grace and elegance, or a sexy samba. As usual, judges Craig Revel Horwood, Len Goodman, Arlene Phillips and Bruno Tonioli will be eager to offer their thoughts and opinions on what they see. At least the famous faces can count on presenters Bruce Forsyth and Tess Daly for a bit of support - as well as plenty of encouragement from their friends and families in the assembled audience. Oh and yes, the results will be shown tomorrow. Whether we like it or not.

## C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.50 T4: One Tree Hill. (T) 9.50 T4: Friends. (R) (T) 10.20 T4: Friends. (R) (T) 10.55 T4: MobileAct Unsigned. (R) (T) 12.00 T4: Transmission. (R) (T) 12.30 T4: Friends. (R) (T) 1.00 T4: Charmed. (R) (T) 2.00 Channel 4 Racing from Doncaster and Newbury. Including the 3.40 Racing Post Trophy (1m). (T) 4.15 FILM: Project X (1987). Sci-fi comedy, starring Matthew Broderick. (T) 6.15 Deal or No Deal. (T) 7.00 Channel 4 News. (T) 7.30 The Beckoning Silence. Mountaineer Joe Simpson, best known for his battle for survival in the Andes in Touching the Void, revisits the treacherous North Face of the Eiger and confronts the question of what compelled him to continue climbing after his brush with death. Part of the Edge of Endurance season. (R) (T) 9.05 FILM: Elizabeth (1998). Bold historical drama following the strict upbringing of the Virgin Queen, chronicling events up until her decision to rule alone instead of taking a husband. The luminous Cate Blanchett stars. (T) 11.25 Father Ted. A feminist singer takes over Ted's house. (R) (T) 11.55 Comedy Lab: Blowout. (T) 12.30 4Music: Diesel U Music Awards 2007. Alex Zane hosts the awards ceremony at London's Koko. 1.35 FILM: 5x2: Cinq Fois Deux (2004). Premiere. Innovative drama, starring Valeria Bruni-Tedeschi. 2.15 (GMT) Countdown. (R) (T) 3.00 FILM: Heaven (1998). Thriller, starring Martin Donovan. (T) 4.40 FILM: Copacabana (1947). Comedy starring Groucho Marx. (T) (bw)

## FIVE

6.00 Sunrise. 7.00 Milkshake!: Hi-5. (R) (T) 7.35 Hana's Helpline. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 The Book of Pooh. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.05 Mio Mao. (R) (T) 9.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.30 Franklin. (R) (T) 10.00 Fifth Gear. (R) (T) 11.00 David Beckham's Soccer USA. (R) (T) 11.30 Football Italiano Highlights. (T) 12.20 Dinotopia. (T) 2.10 FILM: Gunfight in Abilene (1967). Western, starring Bobby Darin. (T) 3.45 FILM: My Dog Skip (2000). Drama, starring Frankie Muniz. 5.35 FILM: Brannigan (1975). Tough thriller, starring John Wayne. (T) 7.30 five news and sport. (T) 7.50 NCIS. Gibbs and the team raid an illegal motor business run by naval officers, and find a Marine's severed head in the back of a car. Mark Harmon and Pauley Perrette star. (R) (T) 8.45 NCIS. The team suspect a desperate Marine may have faked his own death with the help of a friend, and blown up an ambulance in a botched attempt to cover all traces of the subterfuge. (R) (T) 9.40 CSI: Crime Scene Investigation. A face from the past haunts Keppeler. (R) (T) 10.40 Law & Order: Special Victims Unit. (T) 11.40 Criminal Minds. (R) (T) 12.40 Quiz Calm. 12.55 Major League Baseball. 3.20 (GMT) Golf: The Challenge. 4.35 Football Italiano. 5.35 Wildlife SOS. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Horrid Henry. (R) (T) 9.40 Emu. (T) 9.55 Supernormal. (T) 10.10 Tricky TV. (R) (T) 10.40 Skyland. (T) 11.10 My Parents Are Aliens. (R) (T) 11.40 The Amazing Adrenalin Brothers. (R) (T) 11.50 My Parents Are Aliens. (R) (T) 12.20 Planet Sketch. (T) 12.25 Saturday Cooks! (T) 1.55 ITV News and Weather. (T) 2.05 London Today; Weather. (T) 2.10 FILM: Goldfinger (1964). James Bond adventure, starring Sean Connery. (T) 4.15 London Today; Weather. (T) 4.30 ITV News and Weather. (T) 4.45 Funniest Ever You've Been Framed! (T)

5.45 The X Factor. Dermot O'Leary hosts the second live studio round, which sees the 11 remaining would-be chart stars performing songs from the movies. The result is at 8.30pm. (T)

7.45 All Star Family Fortunes. New series. Actress Kym Ryder and presenter Brian Dowling's families compete against each other as Vernon Kay hosts a celebrity version of the classic game show. The stars hope to win a prize of up to #30,000 for a charity of their choice. (T)

8.30 The X Factor - The Results. The viewers' verdict is announced and the two acts with the fewest votes sing again, hoping to win a reprieve from the four judges. They will decide who will be leaving the contest and reveal their decision to host Dermot O'Leary at the end of the programme. Plus, a special guest performance by Celine Dion. (T)

9.05 Another Audience with Al Murray. The Pub Landlord hosts his second performance before a studio full of invited celebrities. The comedian is only the fourth performer, along with Dame Edna Everage, Joan Rivers and Ken Dodd, to have been asked back in the show's 27-year history and provides his views on all manner of subjects designed to educate his audience in the British way of life. (T)

10.05 ITV News and Weather. (T)

10.20 Parkinson. The veteran broadcaster continues the final series of his chat show by talking to football legend Bobby Charlton about his autobiography, My Manchester United Days. Director Richard Attenborough discusses his latest film, Closing the Ring, which is playing at the London Film Festival, and there's conversation with actress Joanna Lumley, Parky's co-host at this year's Bafta awards. Plus, contemporary jazz musician Peter Cincotti performs live in the studio. (T)

11.20 TV's Naughtiest Blunders. Big-name celebrities from a variety of TV shows turn the air blue in another selection of embarrassing slip-ups, proving that even the most consummate professionals are only human when it comes to making mistakes.

12.00 Make Your Play; (T) ITV News Headlines. 4.10 (GMT) Antiques Auction. (R) (T) 4.35 Antiques Auction. (R) (T) 5.00 ITV Nightscreen.

## LOCAL

**RTP1**  
Fátima, 90 Anos de Fé  
0800 Bom dia Sábado 1000  
Fátima, 90 Anos de Fé  
1300 News 1715 Ace  
Ventura, Pet Detective,  
film 1905 O Preço Certo  
2000 News 2100 A Voz do  
Cidadão 2115 Operação  
Triunfo 2345 The Costant  
Gardner, film 0115  
Normal, film 0330 A Hora  
da Sorte 0415 Telesales

**RTP2**  
0700 Euronews 1000  
África 7 Dias 1030  
Notícias de Portugal 1130  
Pálcio: Rodrigo Leaos,  
João, Xaile 1250  
Bastidores 1315 The  
Simpsons 1335 Entre  
Pratos 1400 National  
Geographic 1500 Sport  
1900 Gente da Cidade  
1930 A Princesa  
Mononoke 2145 A Hora da  
Sorte 2200 News 2240  
Anything Else, film Sogni  
D'Oro, films 0200 Sport  
0600 Euro News

**SIC**  
0700 Sic Kids 0845 Disney  
Kids 1200 Our World 1300  
News 1400 Extase 1700  
CSI Miami 1800 Film TBA  
2000 News 2215 Paraíso  
Tropical 2330 Vingança  
0115 Goldfinger, film 0245  
Amazonia 0330 Quando o  
telephone Toca

**TVI**  
0700 Children TV 0900  
Morangos com Açúcar  
1045 O Bando dos Quatro  
1215 DeLuxe 1300 News  
1400 Os Escolhidos 1600  
Film TBA1800 Film 2000  
News 0030 Film TBA 0530  
Telesales

## Best of the Rest

## BBC3

7.00 Football Gaffes Galore  
Out-Takes 7.05 Mind, Body &  
Kick Ass Moves 7.35 Top Gear  
8.30 The Real Hustle 9.00  
Little Britain 9.40 Film:  
Halloween: Resurrection 15  
(2002) 11.05 Drop Dead  
Gorgeous 12.05 Two Pints of  
Lager and a Packet of Crisps  
12.35 Two Pints of Lager and  
a Packet of Crisps 1.05 It's  
Adam and Shelley 1.35 Singing  
with the Enemy 1.30 (GMT)  
Drop Dead Gorgeous 2.30 Last  
Man Standing 3.30 Close

## BBC4

7.00 Smiley's People 8.00  
Smiley's People 9.00 More  
Dawn French's Girls Who Do  
Comedy 9.30 Charlie  
Brooker's Screenwipe 10.00  
Film: 13 Tzamelis 15 (2005)  
11.30 More Dawn French's Girls  
Who Do: Comedy 12.00 Charlie  
Brooker's Screenwipe 12.30  
Jazz Britannia 1.30 Jazz  
Britannia 1.30 (GMT) Jazz  
Britannia 2.30 Charlie  
Brooker's Screenwipe 3.00  
Close

## ITV2

2.35 Holiday Airport:  
Lanzarote 3.35 Nanny 911  
4.35 Movies Now 4.45  
Streetside 5.45 The New  
Adventures of Superman 6.45  
Australian Princess 7.45 The  
Xtra Factor 8.30 Hollywood  
Nights Gone Bad 9.05 The  
Xtra Factor Results 9.50 Film:  
Jurassic Park PG (1993)  
12.15 The X Factor 1.15 The  
X Factor - The Results 1.50  
The Xtra Factor Results 1.35  
(GMT) Make Your Play: ITV  
Play 2.40 Emmerdale 5.00  
Close  
**Sky One**

1.00 Futurama 1.30 Vroom  
Vroom 2.00 Futurama 2.30 Lost  
3.30 Lost 4.30 Cirque de  
Celebrite 6.00 A Town Called  
Eureka 7.00 Stargate Atlantis  
8.00 The Simpsons 8.30  
Futurama 9.00 Bones 10.00  
Bones 11.00 Street Wars  
12.00 British Sex 1.00 Dom  
Joly's Happy Hour 1.50 Road  
Wars 1.40 (GMT) Street Wars  
2.30 Football's Hardest Away  
Days 3.20 Full Force Nature  
4.10 Pop Years 5.00 Guilty!

## UKTV Gold

2.20 Keeping Up Appearances  
3.00 Keeping Up Appearances  
3.40 dinnerladies 4.20  
dinnerladies 5.00 My Family  
5.40 My Family 6.20 Open All  
Hours 7.00 The Vicar of  
Dibley's Greatest Moments  
9.00 New Tricks 10.10  
Jonathan Creek 11.15 The  
Catherine Tate Show 11.55  
The Catherine Tate Show  
12.35 Only Fools and Horses  
1.15 Only Fools and Horses  
1.55 Open All Hours 1.25 (GMT)  
The Catherine Tate Show 1.55  
The Catherine Tate Show 2.25  
New Tricks 3.15 My Hero 3.45  
Baywatch 4.30 Fantasy Island  
5.00 Close Up 5.10 Baywatch

## TCM

1.00 Hearts of the West PG  
(1975) 3.00 A Night at the  
Opera U (1935) 4.40 The Swan  
U (1956) 6.40 Being There PG  
(1979) 9.00 The Wild Geese  
15 (1979) 11.30 2001: A  
Space Odyssey U (1968) 1.50  
The Fearless Vampire Killers  
12 (1967) 1.35 (GMT)  
Teleshopping 1.50 The Wild  
Geese 15 (1978)

## The Disney Channel

Kids' programmes from 7am,  
except:

## MOVIES

## Sky Movies Drama

6.00 The Patron Saint of  
Liars PG (1997) 7.40 A Good  
Woman PG (2004) 9.15 The  
White Countess PG (2005)  
11.35 The Horse Whisperer  
PG (1998) With Robert  
Redford. 2.25 Undiscovered  
12 (2005) With Ashley  
Simpson. 4.10 A Good  
Woman PG (2004) With Helen  
Hunt. 5.45 The White  
Countess PG (2005) With  
Ralph Fiennes. 8.00  
Undiscovered 12 (2005) With  
Ashlee Simpson. 10.00  
Crash 15 (2004) With Matt  
Dillon. 11.55 The Horse  
Whisperer PG (1998) With  
Robert Redford. 1.45 (GMT)  
A Good Woman PG (2004)  
With Helen Hunt. 3.20  
Diggy's Treasure PG  
(2001) 4.55 The End of Eden  
PG (1996)

## Sky Movies Comedy

6.00 Crazy People 15 (1990)  
7.40 Honeymoon with Mom  
12 (2006) 9.15 Carolina PG  
(2003) 11.00 Home for the  
Holidays 15 (1995) With  
Holly Hunter. 12.50 The  
Break-Up 15 (2006) With  
Jennifer Aniston. 2.40  
Wedding Crashers 15 (2005)  
With Owen Wilson. 4.45 The  
Man 12 (2005) With Samuel  
L. Jackson. 6.15 Carolina PG  
(2003) With Julia Stiles. 8.00  
The Break-Up 15 (2006) With  
Jennifer Aniston. 10.00  
Wedding Crashers 15 (2005)  
With Owen Wilson. 12.05 The  
Man 12 (2005) With Samuel  
L. Jackson. 1.45 Gridlock'd  
18 (1997) With Tupac

Shakur. 2.30 (GMT) Crazy  
People 15 (1990) 4.15  
Honeymoon with Mom 12  
(2006)

## Sky Movies Action

6.00 Lord of War 15 (2005)  
8.15 Fearless 15 (2006)  
10.15 Miami Vice 15 (2006)  
12.40 Rush Hour 12 (1998)  
With Jackie Chan. 2.25  
Action & Thriller Close Up  
2.55 Lord of War 15 (2005)  
With Nicolas Cage. 5.00  
Miami Vice 15 (2006) With  
Colin Farrell. 7.15 Rush Hour  
12 (1998) With Jackie Chan.  
9.00 Red Eye 12 (2005) With  
Rachel McAdams. 10.30  
Crash 18 (2006) With Jason  
Statham. 12.05 Lucky  
Number Sleev 18 (2006)  
With Josh Hartnett. 1.00  
(GMT) Fearless 15 (2006)  
With Jet Li. 2.50 The Sign of  
Four PG (2001) 4.25 In the  
Line of Duty: Siege at Marion  
PG (1992)

(R)-repeat programme;

(T)-programmewithtele-

textsubtitles;

(S)-programmebroad-

castin stereo;

(bw)-blackandwhite.

## SPORT

## Sky Sports 1

6.00 Aerobics @Style 6.30 Premier  
League Preview 7.00 Big League  
Weekend 8.00 Champions League  
Weekly 8.30 Premier League  
Preview 9.00 Soccer AM 12.00  
Soccer Saturday 12.30 Live  
Football League. Charlton Athletic  
v Queens Park Rangers (Kick-off  
12.45pm). 3.00 Soccer Saturday  
15.15 Live Saturday Night Football.  
Burnley v Southampton (Kick-off  
5.20pm). 7.30 You're on Sky  
Sports! 8.25 Football First 10.15  
Football First 11.45 Football First  
1.15FootballFirst 1.45(GMT)You're  
on Sky Sports! 2.40 Spanish  
Football 4.10 Champions League  
Weekly 4.40 Sky Sports Classics  
4.55 U Can Do It 5.00 Max Power

## Sky Sports 2

6.00 Moto Plus 6.30 Friday  
Night 8.30 NFL Weekly Review  
9.00 NFL: America's Game 10.00  
Wild Spirits 10.30 Friday Night  
12.30 Live European Tour Golf.  
The Mallorca Classic. 4.30 Rally  
World 5.00 NFL: London Preview  
5.30 Live International Rugby  
League. Great Britain v New  
Zealand (Kick-off 6.00pm). 8.30  
Golf Night 11.00 NFL Playbook  
12.00 International Rugby League  
1.30 Golf Night 3.00 (GMT) NFL  
Playbook 4.00 Race World 5.00  
FIA GT Championship

## Sky Sports 3

6.00 Sports Unlimited 7.00  
Sportnation 8.00 Tight Lines 9.00  
Max Power 10.00 WWE:  
Smackdown 12.00 WWE: Bottom  
Line 1.00 NFL: Total Access 2.00  
Max Power 3.00 Live Rugby Union.  
Cheetahs v Lions (Kick-off 3.30pm).  
5.30 Moto Plus 6.00 WWE:

Smackdown 8.00 WWE: Bottom  
Line 9.00 World Sport 9.30 NFL:  
London Preview 10.00 Extreme  
Championship Wrestling 11.00  
WWE: Late Night - Smackdown  
1.00 WWE: Late Night - Bottom  
Line 1.00 (GMT) Rugby Union 2.30  
International Rugby League 4.00  
Sportnation 5.00 Rally Fever

## British Eurosport

7.30 Eurosport Buzz 8.00 UEFA  
Cup Football 8.45 UEFA Cup  
Football 9.15 UEFA Cup Football  
9.45 UEFA Cup Football 10.15  
UEFA Cup Football 11.00 Eurogoals  
11.30 Live Rallying. The third and  
final day of the Intercontinental  
Rally Challenge from Valais. 12.00  
WTA Tennis 1.00 Live WTA Tennis.  
The Generali Ladies Linz semi-  
finals. 3.00 Live ATP Tennis. The  
Davidoff Swiss Indoors semi-  
finals. 4.45 Cross-Country Skiing 6.00  
Eurosport Buzz 6.30 WATTS 7.00  
World Rally Championship 7.30  
Live Rallying. The third and final  
day of the Intercontinental Rally  
Challenge from Valais. 7.45 Live  
Boxing. Coverage from Prague.  
10.00 World Rally Championship  
10.30 MotoGP 12.30 World Rally  
Championship 1.00 Close

## Sky Sports Xtra

6.00 Golf Night 8.00 Rugby Union  
9.30 Moto Plus 10.00 Motor Racing  
11.30 Racing News 12.00 Moto  
Plus 12.30 Motor Racing 2.00 Friday  
Night 4.00 NFL: Total Access 7.00  
Squash 8.00 Champions League  
Weekly 8.30 Live Spanish Football.  
A La Liga match. 11.00 Rugby  
Union 12.30 Champions League  
Weekly 1.00 Spanish Football 1.30  
(GMT) Squash 2.30 Squash 3.30  
Rugby Union 5.00 Watersports  
World

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## BBC1

6.00 (GMT) Breakfast. (T) 7.45 Match of the Day. (R) (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 Diagnosis Murder. (R) (T) 2.25 EastEnders. (T) 4.25 Robin Hood. (R) (T)

5.10 Points of View. With Terry Wogan. (T)  
5.25 Songs of Praise. Aled Jones is joined by Sound of Music star Connie Fisher in a rendition of Edelweiss and X Factor runner-up Ray Quinn sings You'll Never Walk Alone. From the Royal Albert Hall. (T)

6.10 A Question of Sport. With Andy and Jamie Murray. (T)

6.50 Strictly Come Dancing. Two couples face a dance-off as they try to prove their worth to the judges after falling short in last night's public vote. Hosted by Bruce Forsyth and Tess Daly. (T)

7.35 BBC News: Regional News: Weather. (T)  
8.00 Antiques Roadshow. The team visit Highcliffe Castle in Dorset, where they view a vast array of theatrical antiques and memorabilia including letters written by actor and playwright Noel Coward. A bust of 18th-century actress Sarah Siddons is also brought for them to assess, and Lady Penelope pays them a flying visit. (T)

9.00 Michael Palin's New Europe. The veteran traveller completes his journey around eastern Europe. He learns how to skin a pig and make sausages in the Tatras mountains of Slovakia, and moves on to spend time acting as a cocker in Turbica's famous mime school in Brno, Czech Republic. Finally, he visits the holiday complex at Prora on the island of Rugen, Germany, which was built by Hitler for his "Strength Through Joy" programme. Last in series. (T)

10.00 BBC News: Weather. (T)

10.15 No Plan, No Peace - The Inside Story of Iraq's Descent into Chaos. John Ware presents the first of two programmes addressing the occupation of Iraq, using the testimony of soldiers and drawing on expert opinion. The presenter looks into how well the military operation was planned and speculates on whether underlying agendas influenced George Bush and Tony Blair's decision to try to create a stable democracy in the country. Concludes tomorrow. (T)

11.20 FILM: Sirens (1994). Comedy drama, starring Hugh Grant; (T) Weatherview.

12.55 Sign Zone: Kidnapped: The Alan Johnston Story. (R) (T) 1.55 Sign Zone: Watchdog. (R) (T) 2.25 Sign Zone: Holby City. (R) (T) 3.25 Sign Zone: Michael Wood: The Story of India. (R) (T) 4.25 Sign Zone: Kitchen Criminals. (R) (T) 4.55 BBC News 24. (T)



## Pick of the Day

Half Broken Things. ITV1, 9pm

Penelope Wilton stars in this disturbing one-off drama, where the lines between good and evil become blurred in the pursuit of happiness. She plays Jean, a professional housesetter who is approaching her 60th birthday and the imminent threat of forced retirement. The actress says: "Jean is of an age where she has settled into a way of being. She has settled for what life has to offer her. I don't think she's particularly happy but she's apprehensive about the future: what she will do when she can't house-set any more. But Jean puts this to the back of her mind while she's living in the present in a beautiful house as it's something she doesn't have to face up to immediately."<sup>2</sup> However, her life is turned further upside down when two individuals arrive on the scene seeking help, and the trio soon find themselves living a lie. Will they get caught out, and how will they each face up to the future when the situation they are in begins to unravel? Daniel Mays and Sinead Matthews co-star.

## BBC2

6.00 (GMT) CBeebies: (GMT) Teletubbies. (R) (T) 6.30 Balamory. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Jakks! (R) (T) 7.20 Pinky and the Brain. (R) (T) 7.45 Even Stevens. (R) (T) 8.05 The Basil Brush Show. (T) 8.30 Smart. (T) 9.30 Prank Patrol. (T) 10.00 Something for the Weekend. (T) 11.30 Animal Park. (R) (T) 12.30 Rugby League. (T) 1.25 Racing from Aintree. Including the 2.10 Bonusprint.com Old Roan Chase. (T) 3.00 Live Rugby Union. Bristol v Llanelli Scarlets (Kick-off 3.10pm). (T) 5.00 My Life with Animals: Saba Douglas-Hamilton. (R) (T) 5.40 Wild Tribe - Reef Gyppies. (T) 6.10 The Nature of Britain. (R) (T) 7.00 Clash of Worlds. New series. The relationship between Britain and the Islamic world. (T) 8.00 Top Gear. Jeremy Clarkson gets to grips with the smallest car in the world, the Peel. Richard Hammond invents motor-home racing and the Ferrari 599 takes to the test track. (T) 9.00 Long Way Down. New series. Ewan McGregor and Charley Boorman travel to South Africa. (T) 10.00 Match of the Day 2. Highlights include Liverpool v Arsenal. (T) 11.00 NFL Highlights. (T) 11.50 Electric Proms: Ray Davies. (T) 12.20 Graham Norton Uncut. With Josh Hartnett, Melanie Chisholm and Rufus Wainwright. (T) 1.05 Heroes. Peter discovers he has been betrayed. (R) (T) 1.50 BBC News 24. (T) 4.55 Close.

## C4

6.10 (GMT) The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Transworld Sport. (T) 7.55 Racing Rivals. 8.25 Freesports on 4. 8.55 T4: The OC. (R) (T) 9.55 T4: Hollyoaks. (R) (T) 12.30 T4: MobileAct Unsigned. (T) 1.35 T4: Friends. (R) (T) 2.10 T4: Ugly Betty. Alexis returns to work still suffering from memory loss. (R) (T) 3.10 T4: Smallville. (T) 4.10 T4: The Simpsons. (R) (T) 4.40 T4: The Simpsons. (R) (T) 5.15 Grand Designs. (R) (T) 6.15 Grand Designs: Trade Secrets. (T) 6.45 Channel 4 News. (T) 7.00 Bremner, Bird and Fortune. Political satire, with the comedic trio analysing Gordon Brown's new premiership and Boris Johnson's efforts to become Mayor of London. (T) 8.00 Wife Swap. A career-orientated wife must live with a hunter-gatherer husband. (T) 9.00 FILM: Just Married (2003). Newlyweds head off for a dream honeymoon - but it's not long before their romantic break turns into an unmitigated disaster. Mildly amusing comedy, with Ashton Kutcher. (T) 10.45 Russell Brand's Ponderland. (T) 11.20 Comedy Lab: Uncle Rubish. (T) 11.50 Comedy Lab: Swizzcall. (T) 12.20 UK Poker Tour. 1.30 FILM: Dor (2006). Premiere. Drama, starring Ayesha Tahir. 3.40 Last Chance Kids. A school's efforts to eradicate illiteracy. (R) (T) 4.40 Headland. Maddie learns shocking news about her sister. (R) (T) 5.25 Countdown. (R) (T)

## FIVE

6.00 (GMT) Milkshake!: (GMT) The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 My First. (R) (T) 6.30 Thomas & Friends. (R) (T) 6.40 Ebb and Flo. (R) (T) 6.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.05 Hi-5. (R) (T) 7.40 Hana's Helpline. (R) (T) 7.55 Make Way for Noddy. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 The Book of Pooh. (R) (T) 8.55 Roobarb and Custard Too. (R) (T) 9.05 Mio Mao. (R) (T) 9.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.30 Franklin. (R) (T) 10.00 Hannah Montana. (T) 10.30 Hannah Montana. (T) 11.00 8 Simple Rules. (T) 11.30 Beyond the Break. 12.00 FILM: Columbo: The Most Crucial Game (1972). Crime drama, starring Peter Falk. (T) 1.30 Football Italiano. Live coverage of a match from Italy's Serie A. (T) 4.25 Arctic Giants: Battle of the Beasts. (R) (T) 5.15 FILM: James and the Giant Peach (1996). Children's fantasy, with Joanna Lumley. (T) 6.35 five news and sport. (T) 6.50 FILM: Jackie Chan's Who Am I? (1998). A commando loses his memory during a mission, leaving him adrift in an unfamiliar world, little suspecting his past may hold a vital secret. Explosive thriller, with Jackie Chan. (T) 9.00 FILM: The Ninth Gate (1999). Chilling mystery, starring Johnny Depp as a book dealer hired to track down the remaining copies of a legendary satanic text reputed to confer limitless power on its possessor. 11.35 Californication. (R) (T) 12.10 Arrest and Trial. (R) (T) 12.40 Major League Baseball. 4.20 Kickboxing: Now Is the Time - Night of Combat. (R) 5.10 Major League Soccer.

## ITV1

5.30 (GMT) ITV Morning News. (T) 6.00 GMTV. 9.25 The Sunday Edition. (T) 10.25 The Championship. (T) 11.25 CITV: Curious George. (T) 11.40 Poochy. (T) 11.50 Jim Jam & Sunny. (T) 12.10 Jim Jam & Sunny. (T) 12.20 Prove It! (T) 12.45 Emu. (T) 1.00 Supernormal. (T) 1.15 The Amazing Adrenalini Brothers. (T) 1.25 ITV News and Weather. (T) 1.30 London Today: Weather. (T) 1.35 The X Factor. (R) (T) 3.35 The X Factor - The Results. (R) (T) 4.10 London Tonight: Weather. (T) 4.25 FILM: Star Wars: Episode IV - A New Hope (1977). Blockbusting sci-fi adventure, with Harrison Ford. (T)

6.45 ITV News and Weather. (T)  
7.00 Emmerdale. Jasmine follows Nicola to try and prove she is having an affair with David but is surprised by what she discovers. Ross beats Marion to the punch by apologising and offering to move out. Laurel is worried about how Emily will react when she finds out about her match-making attempts. (T)

7.30 Coronation Street. David is sidelined when Gail organises a pre-wedding family meal. Sean spills the beans to Jamie about the sex of Violet's baby and Maria buys Liam a puppy to thank him for her gift. (T)

8.00 The Royal. Suspicion falls on Adam over missing hospital funds and Mike attends a meeting to assess the mental welfare of a 50-year-old man (guest Andrew Dunn) who still lives with his mother. Elsewhere, Gordon's ex-father-in-law pays an unexpected visit with sobering news and Ken makes a confession to his colleagues. Guest starring Michael Jayston. (T)

9.00 Half Broken Things. One-off drama, starring Penelope Wilton as a housesetter who becomes so attached to the beautiful country home she's watching over the summer, she begins to treat it as if it were her own. And when fate brings two strangers along - a pregnant girl on the run from her abusive boyfriend and a small-time thief - she also finds the family she's always wanted. However, the trio's happiness can't last for ever as the past begins to catch up with them. Daniel Mays, Sinead Matthews and Nicholas Le Prevost co-star. (T)

11.00 ITV News and Weather: Weather. (T)  
11.15 Britain's Love Story. From the 1960s people began openly defying the restrictions of sex, class and race, but found forbidden love sometimes came with dramatic consequences. Lord Brocket's family disowned him when he announced he was going to marry a commoner, while celebrity lesbian Josie Pickering left her husband to live with a woman and venture into the world of prostitution. Illustrated with nostalgic archive footage and a contemporary music soundtrack. (T)

12.15 It's My Life. (R) (T) 1.10 Motorsport UK. (T) 1.35 FILM: Pink Cadillac (1989). Comedy adventure, starring Clint Eastwood; (T) ITV News Headlines. 3.35 The Jeremy Kyle Show. (R) (T) 4.30 ITV Nightscreen.

## LOCAL

**RTPI**  
0630 Fátima, 90 Anos de Fé 1230  
Conta 1300 News 1400 Sô Visto  
1430 Top + 1500 Perdidos 1600  
Crocodile Dundee in Los  
Angeles, film 2100 As Escolhas  
de Marcelo Rebelo de Sousa  
2130 Gato Fedorento 2230 Conta-me  
Como 0045 Disclosure, film  
0300 Automobilismo 0400  
Teleales 0605 Nôs

**RT2**  
0700 Euronews 0730 Músicas  
de África 0830 África@global  
0900 Caminhos 0930 70x7 1000  
Nôs 1100 Indisciplinas 1130  
Consigno 1200 Vida Por Vida 1230  
Olhar o Mundo 1300 The  
Simpsons 1330 Bombordo 1400  
Discovery Hour 1900 Arte &  
Emoção 1930 Diga lá Excelência  
2030 The Simpsons 2100 Entre  
Pratos 2130 A Alma e Gente  
2200 News 2240 Cãmara Clara  
2330 Britcom 0030 Onda Curta  
0130 Parlamento 0200 A Alma e  
a Gente 0230 Euronews 0245  
Sport 0600 Euronews

**SIC**  
0700 Floribella 0830 Sic Kids  
1100 Fátima 1300 News 1400  
Filn Tba 1530 Film TBA 1800 Film  
TBA 2000 News 2145 Família  
Superstar 0100 Hora H 0145 Hoe  
Springs, film 0345 Quando o  
Telefone Toca

**TVI**  
0645 Children's TV 0900  
Morangos Com Açúcar 1100  
Missa Braga 1230 Olívio Dia  
1300 News 1410 Top + 1530  
Ciclismo: Tour of Frande 1630  
Film TBA 1845 O Preço Certo  
1945 A Voz do Cidadão 2000  
News 2130 Morangos Com  
Açúcar 2230 Ilha dos Amores  
2330 Doce Fugitiva 0130 Film  
TBA 0215 Toca a Ganhar 0330 O  
Escritório 0400 Film TBA 0500  
Teleales

## Best of the Rest

**BBC3**  
7.00 (GMT) Three's Out-Takes 7.10 The Real Hustle  
7.35 Film: Chicken Run U  
(2000) 9.00 Celebrity  
Scissorhands 10.00 Touch  
Me, I'm Karen Taylor 10.30  
Singing with the Enemy  
11.25 Two Pints of Lager  
and a Packet of Crisps 11.55  
Two Pints of Lager and a  
Packet of Crisps 12.25  
Celebrity Scissorhands 1.25  
Celebrity Scissorhands  
Uncut 3.40 Singing with the  
Enemy 4.40 Close

**BBC4**  
7.00 (GMT) The Nature of  
Britain: A User's Guide 8.00  
Silbury: The Heart of the Hill  
9.00 All About Abigail's Party  
10.00 Abigail's Party 11.45  
Abigail's Party Pack 12.15  
All About Abigail's Party  
1.15 The Late Edition 1.45  
The Nature of Britain: A  
User's Guide 2.45 All About  
Abigail's Party 3.45 The Late  
Edition 4.15 Close

**ITV2**  
3.20 Coronation Street 5.40  
The X Factor 7.40 The X  
Factor - The Results 8.15  
The Xtra Factor Results  
9.00 The Black Donnellies  
10.00 Secret Diary of a Call  
Girl 10.30 Katy Brand's Big  
Ass Show 11.00 Katie &  
Peter: Unleashed 12.00  
Coronation Street 12.30 The  
X Factor 2.30 The X Factor  
- The Results 3.00 The Xtra  
Factor Results 3.30  
Teleshopping 6.00 Close

**Sky One**  
1.00 Pop Years 2.00 Project  
Runway 3.00 Hidden Palms  
4.00 Brainiac: Science  
Abuse 5.00 The Simpsons

5.30 The Simpsons 6.00 Are  
You Smarter Than a Ten  
Year Old? 7.00 The  
Simpsons 7.30 Cirque de  
Celebrite 9.00 Nothing But  
the Truth 10.00 Film:  
Payback 18 (1999) 11.55  
British Sex 12.55 Dom Joly's  
Happy Hour 1.55 America's  
Dumbest Criminals 2.20 Full  
Force Nature 3.15 Pop Years  
4.10 Rock Star Families 5.05  
Guilty!

**UKTV Gold**  
1.05 Porridge 1.45 Film: The  
Great Escape PG (1963)  
5.00 The Vicar of Dibley's  
Greatest Moments 7.00 Only  
Fools and Horses 7.40 Only  
Fools and Horses 8.20 Only  
Fools and Horses 9.00  
Dalziel & Pascoe 10.55 The  
Catherine Tate Christmas  
Show 11.45 Only Fools and  
Horses 12.25 Only Fools and  
Horses 1.05 Porridge 1.45  
Porridge 2.15 Dalziel &  
Pascoe 3.50 Close Up 4.00  
As Time Goes By 4.30  
Keeping Up Appearances  
5.00 Keeping Up  
Appearances 5.35  
Neighbours

**TCM**  
1.00 The Asphalt Jungle PG  
(1950) 3.00 Jailhouse Rock  
PG (1957) 4.45 The  
Sunshine Boys PG (1975)  
7.15 Marlowe PG (1969) 9.00  
The Dirty Dozen 15 (1967)  
11.30 Ryan's Daughter 15  
(1970) 2.40 Teleshopping  
3.05 Edward My Son PG  
(1949)

**The Disney Channel**  
Kids' programmes from 7am,  
except: 4.00 Film:  
Halloweentown U (1998)  
Spooky adventure. Debbie  
Reynolds stars.

## MOVIES

### Sky Movies Drama

6.30 (GMT) Miss Lettie and Me U  
(2002) 8.20 Drama Close Up 8.50  
Prefontaine 15 (1997) 10.50 Amber  
Frey: Witness for the Prosecution  
PG (2005) 12.40 Great  
Expectations 15 (1998) With Ethan  
Hawke. 2.40 Miss Lettie and Me U  
(2002) With Mary Tyler Moore.  
4.20 Amber Frey: Witness for the  
Prosecution PG (2005) With Janel  
Moloney. 5.50 Elizabeth: The  
Golden Age Special 6.05  
Prefontaine 15 (1997) With Jared  
Leto. 8.00 Great Expectations 15  
(1998) With Ethan Hawke. 10.00  
Amistad 15 (1997) With Anthony  
Hopkins. 12.40 The Thing Called  
Love 15 (1993) With River Phoenix.  
2.35 Elizabeth: The Golden Age  
Special 2.50 A Taste of Honey 15  
(1961) With Rita Tushingham. 4.35  
Joshua U (2002)

### Sky Movies Comedy

6.00 (GMT) The Object of My  
Affection 15 (1998) 8.00 Comedy  
Close Up 8.30 City Slickers II: The  
Legend of Curly's Gold 12 (1994)  
10.30 The Ice Harvest 15 (2005)  
12.05 Elizabethtown 12 (2005) With  
Orlando Bloom. 2.15 Office Space  
15 (1999) With Ron Livingston.

4.00 The Object of My Affection 15  
(1998) With Jennifer Aniston. 6.00  
City Slickers II: The Legend of  
Curly's Gold 12 (1994) With Billy  
Crystal. 8.00 Elizabethtown 12  
(2005) With Orlando Bloom. 10.10  
Office Space 15 (1999) With Ron  
Livingston. 11.55 The Ice Harvest  
15 (2005) With John Cusack. 1.40  
Private Parts 18 (1997) With  
Howard Stern. 3.40 Up'n Under 12  
(1998) 5.30 Comedy Close Up

### Sky Movies Action

6.00 (GMT) Angel Flight Down PG  
(1996) 7.40 Young Guns II: Blaze  
of Glory 15 (1990) 9.30 Tristan and  
Isolde 12 (2005) 11.40 Red Dawn 15  
(1984) With Patrick Swayze. 1.40  
The Fast and the Furious: Tokyo  
Drift 12 (2006) With Lucas Black.  
3.30 Young Guns II: Blaze of Glory  
15 (1990) With Emilio Estevez. 5.20  
Mayday 12 (2005) With Aidan Quinn.  
6.50 Tristan and Isolde 12 (2005)  
With James Franco. 9.00 The Fast  
and the Furious: Tokyo Drift 12  
(2006) With Lucas Black. 10.45  
Poseidon 15 (2006) With Kurt  
Russell. 12.40 Mayday 12 (2005)  
With Aidan Quinn. 2.20 The Passion  
of Darkly Noon 18 (1995) With  
Brendan Fraser. 4.15 Angel Flight  
Down PG (1996)



Look out for our  
anniversary  
issue in  
November

## SPORT

### Sky Sports 1

6.00 (GMT) U Can Do It 6.05  
You're on Sky Sports! 7.00  
Football First 8.30 Football  
First 10.00 The Sunday  
Supplement 11.00 Goals on  
Sunday 1.00 Live Super  
Sunday. Bolton Wanderers v  
Aston Villa (Kick-off  
1.30pm). 3.30 Live Super  
Sunday. Liverpool v Arsenal  
(Kick-off 4.00pm). 6.30  
SuperSunday: The Last Word  
7.00 Live Spanish Football.  
A La Liga match. 10.00  
Football First 11.30 Football  
First 1.00 Spanish Football  
3.00 Close

### Sky Sports 2

6.00 (GMT) International  
Rugby League 7.30 NFL  
Playbook 8.30 NFL: London  
Preview 9.00 NFL: Total  
Access 10.00 International  
Rugby League 11.30  
Powerboating 12.00 NFL:  
Total Access 1.00 NFL:  
America's Game 2.00 NFL:  
America's Game 3.00 Live  
NFL. Miami Dolphins v New  
York Giants (Kick-off  
5.00pm). 8.10 Live NFL. San  
Francisco 49ers v New  
Orleans Saints (Kick-off  
8.15pm). 11.30 Golf Night  
2.00 Close

### Sky Sports 3

6.00 (GMT) Watersports  
World 7.00 World Sport 7.30  
Spanish Football 9.00 WWE:  
Afterburn 10.00 WWE: Heat  
11.00 Racing News 11.30  
Live European Tour Golf. The  
Mallorca Classic. 3.30  
Powerboating 4.00

5.00 WWE:  
Experience 6.00 WWE: Heat  
7.00 Powerboating 7.30 Golf  
Night 10.00 WWE: Late Night  
- Afterburn 11.00 WWE: Heat  
12.00 Live WWE Wrestling.  
Coverage of Cyber Sunday  
from the Verizon Centre in  
Washington. 3.00 Close

### British Eurosport

7.30 (GMT) Eurosport Buzz  
8.00 WATTS 8.30 ATP Tennis  
9.30 WTA Tennis 10.30  
Cross-Country Skiing 11.30  
Live Touring Cars. The  
European Touring Car Cup.  
12.15 WATTS 12.45 Live WTA  
Tennis. The Generali Ladies  
Linz final. 2.30 Live ATP  
Tennis. The final of the  
Davidoff Swiss Indoors  
event. 4.30 Cross-Country  
Skiing 6.00 Touring Cars 6.45  
World Rally Championship  
7.15 Motorsports Weekend  
7.30 euroCRASH! 7.45 Trial  
Bikes 8.15 World Rally  
Championship 8.45 Touring  
Cars 10.15 Boxing 11.15  
Eurosport Buzz 11.45 World  
Rally Championship 12.15  
Motorsports Weekend 12.30  
Close

### Sky Sports Xtra

6.00 (GMT) Sports Adventure  
6.30 Squash 7.30 Squash  
8.30 Rugby Union 10.00  
Kartmasters 11.00 Squash  
12.00 Squash 1.00  
Kartmasters 2.00 World  
Motor Sport 3.40 Wild Spirits  
5.00 Motor Racing 6.30  
Kartmasters 7.30 World  
Motor Sport 10.00 Motor  
Racing 11.30 Kartmasters  
12.30 World Motor Sport 3.00  
Close

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## BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News: Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Car Booty. (R) (T) BBC News: Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Dirty Rotten Cheater. (T) 3.20 BBC News: Weather; Regional News. (T) 3.25 CBBC: Jakski! (T) 3.45 The Secret Show. (T) 4.00 Raven: The Secret Temple. (R) (T) 4.30 Thumb Wrestling Federation: TWFF. (T) 4.35 Lizzie McGuire. (R) (T) 5.00 The Sarah Jane Adventures. (T) 5.25 Newsround. (T)

5.35 Neighbours. Carmella's rejection of Ringo leaves him devastated, but she then receives shocking news of her own at the hospital. Adam and Pepper plan a wedding. (R) (T)  
6.00 BBC News: Weather. (T)  
6.30 Regional News Programmes; Weather. (T)  
7.00 The ONE Show. (T)

7.30 Helicopter Heroes. Richard Hammond follows the work of the Yorkshire Air Ambulance service, who rescued him following a potentially fatal crash while filming Top Gear last year, beginning with a rescue in the Yorkshire Dales and the search for a missing hang-glider pilot. (T)

8.00 EastEnders. Max's brother Jack (former star of The Bill Scott Maslen) arrives on the Square and immediately makes an impression on Ronnie. Sean discovers surprising text messages on Stacey's lost phone and Damian is shocked to learn of Rocky's lies. Jase makes plans to meet up with an old friend to settle a score, but has to let down Jay in the process. (T)

8.30 Panorama. In-depth current affairs reports covering the stories behind the headlines. (T)  
9.00 Crimewatch. Undercover footage of people caught selling guns, the latest on the Rhys Jones appeal and the ongoing campaign to catch the arsonist who torched a block of flats, leaving one resident dead and others critically wounded. Fiona Bruce presents. (T)

10.00 BBC News at Ten O'Clock. (T)  
10.25 Regional News: Weather. (T)  
10.35 Crimewatch Update. An update on viewers' responses to the programme shown earlier. (T)  
10.45 No Plan, No Peace - The Inside Story of Iraq's Descent into Chaos. (T)

11.35 Inside Sport. Weekly round-up, presented by Gabby Logan, featuring interviews, features and reaction to all the latest headlines. Steve Bunce and Des Kelly give their opinions on the latest news. (T)

12.15 FILM: Bitter Vengeance (1994). Thriller, starring Virginia Madsen; (T) Weatherview. 1.45 Sign Zone: The Fall of BP's Sun King. (R) (T) 2.15 Sign Zone: Countryfile: The Summer Diaries. (R) (T) 3.15 Sign Zone: Heston Blumenthal: In Search of Perfection. (R) (T) 3.45 Sign Zone: Oz and James's Big Wine Adventure. (R) (T) 4.15 Sign Zone: Kitchen Criminals. (R) (T) 4.45 BBC News 24. (T)



## BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Doodle Do. (R) (T) 6.40 Boogie Beebies; (R) (T) Storytime with Roly Mo. (R) (T) 7.00 In the Night Garden. (T) 7.30 Bob the Builder: Project Build It. (T) 7.40 Finley the Fire Engine. (T) 7.55 Mr Tumble. (R) (T) 8.00 CBBC: Roar. (T) 9.00 Best of Friends. (R) (T) 9.30 Beat the Boss. (R) (T) 9.55 What's New Scooby-Doo? (R) (T) 10.15 Mona the Vampire. (R) (T) 10.30 Bear Behaving Badly. (R) (T) 10.55 Thumb Wrestling Federation: TWFF. (R) (T) 11.00 Dangermouse. (R) (T) 11.10 The Munsters. (R) (T) (bw) 11.35 Top Cat. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 FILM: The Autobiography of Miss Jane Pittman (1974). Epic drama, starring Cicely Tyson. (T) 2.45 Escape to the Country. (R) (T) 3.45 Flog It! (T) 4.30 Food Poker. (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Subprime - The American Nightmare: This World. The subprime mortgage crisis in the US. (T) 7.30 Mastermind. Subjects include Chelsea Football Club. (T) 8.00 University Challenge. The School of Oriental and African Studies take on the University of Exeter. (T) 8.30 Nigella Express. The cook gives Latin food the express treatment. (T) 9.00 Dragons' Den. Innovations include a brush for knotted hair. (T) 10.00 Have I Got News for You. With guest host Omid Djalili. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Electric Proms: Highlights. (T) 12.50 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

## Pick of the Day

## Doc Martin, ITV1, 9pm

Life is never dull in Portwenn, and the news of the engagement of Dr Martin Ellingham (Martin Clunes) and headmistress Louisa Glasson (Caroline Catz) has the whole place buzzing. The pair only had the first date a week ago and that ended with Louisa calling the affair off after the bumbling doctor had managed to spoil the romantic day she had planned with some inappropriate remarks. One resident who isn't quite so thrilled is Aunt Joan (Stephanie Cole), who is disappointed to learn of her nephew's impending nuptials from the postman. While Louisa begins to make arrangements, it's back to work for Dr Ellingham. The loved-up doctor is puzzled when Beth Sawle's (Thelma Barlow) knee-replacement wound does not respond to treatment and becomes infected. He decides to visit her in the cottage she shares with her strange sister Janet (Irene Sutcliffe). The doctor is made to feel unwelcome by Janet, who does not believe in conventional medicine. Dr Ellingham soon discovers that Janet has refused to allow her sister to take the antibiotics, instead insisting she takes a potion made from mushrooms growing in the cellar. The discovery explains the outbreak of infections which has been plaguing the town recently. Meanwhile, Al takes action to save his father's restaurant, which has been in financial ruin of late.

## C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Advertising Uncut. (T) 10.00 My Crazy Media Life. (R) (T) 10.30 21st Century Band: The Making of Twelfth Night. (R) (T) 11.00 Get Me the Producer. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.00 Small Railway Journeys. (R) (T) 1.15 FILM: The Four Feathers (1939). Adventure, starring John Clements. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Can You Believe Your Eyes? New series. The Roadkill Chef makes a disturbing discovery. (T) 8.00 Dispatches: How to Get Ahead in Africa. Allegations of corruption in Africa. (T) 9.00 When Hell Freezes. The story of Douglas Mawson's Antarctic expedition and his miraculous survival, with a dramatic recreation by Australian adventurer Tim Jarvis - using the same meagre rations. (T) 10.35 Britain's Deadliest Additions. (T) 11.40 FILM: Me and You and Everyone We Know (2005). Premiere. Drama, starring John Hawkes. (T) 1.25 FILM: The Diary of a Chambermaid (1946). Drama, starring Paulette Goddard. (bw) 3.00 4Music: Transmission. 4.00 Channel 4 Education. 4.00 Maths Mansion. 4.10 Maths Mansion. 4.20 Maths Mansion. 4.30 Maths Mansion. 4.40 Maths Mansion. 4.50 Maths Mansion. 5.00 Design and Technology. 5.15 Design and Technology. 5.30 Design and Technology. 5.45 Design and Technology. (R) (T)

## FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.45 Funky Town. (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Joey. (R) (T) 1.00 Joey. (R) (T) 1.25 Russell Grant's Postcards. (R) (T) 1.35 FILM: Death in the Shadows (1998). Thriller, starring Peter Strauss. (T) 3.35 five news update. (T) 3.40 FILM: Jane Doe: The Wrong Face (2005). Thriller, starring Lea Thompson. (T) 5.30 five news; Weather. (R) (T) 6.00 Home and Away. (T) 6.30 Zoo Days. (T) 7.00 five news. (T) 7.30 Human Guinea Pigs. The effects of a car crash on the human body. (T) 7.30 five news update. 8.00 The Gadget Show. New series. The Apple iPhone is reviewed. (T) 8.00 five news at 9.00 Banged Up Abroad. A US man kidnapped in Colombia. Last in series. (T) 10.00 FILM: Marked for Death (1990). Steven Seagal stars as a former narcotics agent who takes on a gang of drug-dealers terrorising Chicago. Roller-coaster action thriller, with Basil Wallace. 11.55 Disorderly Conduct. (R) (T) 12.55 Major League Baseball. 4.20 NASCAR. 5.10 Golf: US PGA Tour.

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (R) (T) 3.00 Dickinson's Real Deal. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

6.00 London Tonight; Weather. (T)  
6.30 ITV Evening News; Weather. (T)  
7.00 Emmerdale. Jasmine continues to investigate Nicola and is horrified to discover the truth about her husband. Marlon cooks Donna a romantic meal, but she decides to study instead. (T)

7.30 Coronation Street. After learning that his dad won't be coming to sort out an invitation to the wedding, a distraught David writes a suicide note. Liam tries to hide his exasperation with the new puppy, and Paul offers Leanne #10,000 toward the restaurant. In the Rovers, Jamie has a hard time remaining tight-lipped about the sex of Violet's baby. (T)

8.00 State of Emergency: Tonight. Morland Sanders examines the repercussions of a proposed move to close several Accident and Emergency departments throughout England. (T)

8.30 Coronation Street. Gail notices her son's car is missing but, desperate not to let David ruin her wedding, an enraged Sarah tears up his suicide note. Elsewhere, Leanne pays Roger with the money from Paul. (T)

9.00 Doc Martin. News of Martin and Louisa's engagement spreads rapidly through the village and Aunt Joan is annoyed to hear the news from Dave rather than her nephew. Al steps in to help as Bert struggles to keep the restaurant afloat, while the doctor is puzzled when he learns Beth's knee replacement wound is failing to respond to the medication he prescribed. Comedy drama series, starring Martin Clunes. (T)  
10.00 Commando: On the Front Line. Bertie Kerr and his men find themselves fighting for their lives during a dawn assault in Afghanistan, while the recruits of 924 Troop are on their final exercise in Devon. (T)  
10.30ITV News; Weather. (T)  
11.05FILM: Double Jeopardy (1999). Thriller, starring Ashley Judd. (T)

1.00 Champions League Weekly. (T) 1.25 Make Your Play; (T) ITV News Headlines. 4.10 Vanessa's Real Lives. (R) (T) 5.00 ITV Nightscreen.

## LOCAL

## RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1415 Lingo 1530 Portugal no Coração 1800 Portugal em Directo 1900 Operação Triunfo 1900 O Preço Certo 1955 Direito de Antena 2000 Teleseas 2100 Notas Soltas 2130 Sabe mais do que um Múldo de 10 anos? 2230 Prós e Contras 0210 Primary Colors, film 0400 Teleseas 0605 Nds

## RTP2

0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zig Zag 2045 Todos Contas a Chris 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 Em Reportage, 2300 Roma 2345 Mundos 0030 noites da 2 0115 Discovery Hour 0215 Diga lá Excelência 0300 Eurodeputados 0330 Vida por Vida 0400 Sociedade Civil 0615 Euronews

## SIC

0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magia 1445 O Profeta 1515 Contacto 1800 Pé na Jaca 1900 Ganhar é Que se Gênte Se Entende 2000 News 2115 Chiquititas 2215 Paraiso Tropical 2315 Vingança 0130 La Law: The Movie, film 0315 Quando O Telefone Toca

## TVI

0700 Diário da Manhã 1000 Vozes na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganhar 1800 Morangos com Açúcar - Férias de Verão 2000 News 2115 Ila dos Amores 2215 Doce Fugitiva 2315 Tu e Eu 0015 Desaparecido 0045 Film TBA 0430 Que Loucura de Família VII 0500 Teleseas

## Best of the Rest

## BBC3

7.00 Sound 7.30 The Most Annoying Pop Moments - We Hate to Love 8.30 Celebrity Scissorhands 9.30 It's Adam and Shelley 10.00 EastEnders 10.30 Family Guy 10.55 Family Guy 11.15 Celebrity Scissorhands 12.10 The Most Annoying Pop Moments - We Hate to Love 1.10 It's Adam and Shelley 1.40 Celebrity Scissorhands Uncut 3.55 Spenholics Outdowns 4.25 Spenholics Outdowns 4.55

## BBC4

7.00 World News Today 7.00 Weather 7.30 A Pemborshire Farm 8.00 The Genius of Photography 9.00 Fanny Hill 10.00 The Age of Excess: When Britain Went Too Far 11.00 The Trial of Lady Chatterley 12.30 The Genius of Photography 13.10 The Age of Excess: When Britain Went Too Far 2.30 Fanny Hill 3.30 The Genius of Photography 4.30 Close

## ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.10 Airline 5.40 Judge Judy 7.00 The New Adventures of Superman 8.00 Airline 8.30 Airline 9.00 Hell's Kitchen USA 10.00 Hell's Kitchen USA 11.00 Coronation Street 11.30 Coronation Street 12.00 Katie & Peter: Unleashed 1.00 Film: The Fifth Element PG (1997) 3.30 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close

## Sky One

1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 Relic Hunter 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Futurama 6.30 The Simpsons 7.00 The Simpsons

7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Nothing But the Truth 10.00 Film: Fear 18 (1996) 11.45 Road Wars 12.45 Star Trek: Voyager 1.35 Star Trek: Voyager 2.25 Star Trek: Voyager 3.15 Star Trek: Voyager 4.05 Futurama: Welcome to the World of Tomorrow 4.20 Dream Team 5.10 Guitli!

## UKTV Gold

1.20 Last of the Summer Wine 2.00 Last of the Summer Wine 2.40 My Family 3.20 Open All Hours 4.00 Porridge 4.40 Keeping Up Appearances 5.20 My Family 6.00 Doctor Who 7.00 Open All Hours 7.40 Only Fools and Horses 8.20 The Vicar of Dibley 9.00 My Family 9.40 My Family 10.20 One Foot in the Grave 11.00 The Vicar of Dibley 11.40 The Catherine Tate Show 12.20 Two Pints of Lager and a Packet of Crisps 1.00 Two Pints of Lager and a Packet of Crisps 1.40 Prison Break 2.30 Comedy Connections 3.00 The Bill 3.50 As Time Goes By 4.20 The Afternoon Play 5.15 Neighbours 5.35 Neighbours

## TCM

1.00 The Liquidator PG (1965) 3.00 My Favorite Year PG (1982) 4.45 The Wheeler Dealers U (1963) 6.40 The Prize PG (1963) 9.00 Fearless 15 (1993) 11.10 The Haunting 15 (1963) 1.10 Teleshopping 1.25 Wild Rovers 15 (1971) 4.00 No Guts, No Glory: 75 Years of Award Winners

## The Disney Channel

Kids' programmes from 7am, except: 6.00 Film: Halloweentown II: Kalabar's Revenge PG (2001) Spooky adventure sequel, starring Debbie Reynolds.

## Sky Movies Drama

6.15 The Derby Stallion PG (2005) 8.15 Family Secrets PG (2002) 9.40 Columbo: Murder in Malibu PG (1990) 11.15 Elizabeth: The Golden Age Special 11.30 Steel Magnolias PG (1989) With Sally Field. 1.30 Family Secrets PG (2002) With Tim Redwine. 2.55 Columbo: Murder in Malibu PG (1990) With Peter Falk. 4.35 The Derby Stallion PG (2005) With Bill Cobbs. 6.20 Desperate Justice PG (1993) With Lesley Ann Warren. 8.00 Better Luck Tomorrow 15 (2002) With Parry Shen. 10.00 Screen Nation Film and TV Awards 2007 10.45 Inside Man 15 (2006) With Denzel Washington. 12.55 Get Rich or Die Tryin' 15 (2005) With Curtis '50 Cent' Jackson. 2.55 Hustle and Flow 15 (2005) With Terrence Howard. 4.55 Soul Food 15 (1997)

## Sky Movies Comedy

6.00 Irma la Douce 15 (1963) 8.25 The Red Sneakers PG (2001) 10.15 Mrs Doubtfire PG (1993) 12.25 Surviving Christmas 12 (2004) With Ben Affleck. 2.00 The Longest Yard 12 (2005) With Adam Sandler. 3.55 The Red Sneakers PG (2001) With Dempsey Pappion. 5.50 Mrs Doubtfire PG (1993) With Robin Williams. 8.00 You've Got Mail PG (1998) With Tom Hanks. 10.00 The Longest Yard 12 (2005) With Adam

Sandler. 12.00 Drop Dead Fred 15 (1991) With Rik Mayall. 2.00 Twin Town 18 (1997) With Rhys Ifans. 3.45 Kiss Me, Stupid PG (1964)

## Sky Movies Action

6.00 In the Line of Duty: Smoke Jumpers PG (1996) 7.45 Chill Factor 15 (1999) 9.35 Captive 15 (1998) 11.20 Derailed 15 (2005) With Jennifer Aniston. 1.10 Chill Factor 15 (1999) With Cuba Gooding Jr. 3.00 Captive 15 (1998) With Richard Grieco. 4.50 The Game 15 (1997) With Michael Douglas. 7.00 Derailed 15 (2005) With Jennifer Aniston. 9.00 Dead Calm 15 (1998) With Nicole Kidman. 10.40 The Game 15 (1997) With Michael Douglas. 12.50 A History of Violence 18 (2005) With Viggo Mortensen. 2.40 Farewell, My Love 18 (2001) With Gabrielle Fitzpatrick. 4.15 In the Line of Duty: Smoke Jumpers PG (1996) 5.55 The Top 10 Show

(R) - repeat programme;

(T) - programme with teletext

subtitles;

(S) - programme broadcast

ing stereo;

(bw) - black and white.

## SPORT

## Sky Sports 1

6.00 Sportnation 7.00 WWE: Afterburn 8.00 WWE: Bottom Line 9.00 WWE: Experience 10.00 Spanish Football 12.00 Football First 1.30 Football First 3.00 Spanish Football 5.00 Soccer AM: The Best Bits 6.00 Big League Weekend 7.30 Live Football League. Crystal Palace v Watford (Kick-off 8.00pm). 10.15 Big League Weekend 11.45 Champions League Weekly 12.15 Sky Sports Classics 12.30 Live NFL. Denver Broncos v Green Bay Packers (Kick-off 1.30am). 4.00 Close

## Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline 7.00 Aerobics Oz Style 7.30 Adrenaline 8.00 Golf Night 10.30 Powerboating 11.00 Kartmasters 12.00 NFL 1.30 NFL 3.00 Sports Adventure 3.30 Golf Night 6.00 Adrenaline 6.30 Wild Spirits 7.00 NFL 8.30 NFL 10.00 Poker 11.30 World Motor Sport 2.00 Soccer AM: The Best Bits 3.00 Big League Weekend 4.30 Poker

## Sky Sports 3

11.00 Racing News 11.30 Aerobics Oz Style 12.00 WWE: Heat 1.00 WWE: Afterburn 2.00 WWE: Experience 3.00 WWE: Bottom Line 4.00 WWE:

Heat 5.00 WWE: Raw 7.00 WWE: Smackdown 9.00 WWE Wrestling 12.00 FEI Equestrian World 12.30 Wild Spirits 1.00 Live WWE: Late Night - Raw. Wrestling action from the States. 3.15 Close

## British Eurosport

7.30 Motorsports Weekend 7.45 World Rally Championship 8.15 euroCRASH! 8.30 WTA Tennis 9.30 CAF Champions League 11.00 MotoGP 12.00 MotoGP 1.00 MotoGP 2.00 MotoGP 3.00 Beach Soccer 4.00 Beach Soccer 5.00 Eurogoals 6.00 WATTS 6.15 Touring Cars 7.45 World Rally Championship 8.15 MotoGP 10.15 Trial Bikes 10.45 euroCRASH! 11.00 Eurogoals 12.00 World Rally Championship 12.30 Close

## Sky Sports Xtra

10.00 Live Tennis. The ATP Masters Series event in Paris. 10.00 FEI Equestrian World 10.30 Wild Spirits 11.00 Adrenaline 11.30 Moto Plus 12.00 Sports Adventure 12.30 Adrenaline 1.00 Moto Plus 1.30 FEI Equestrian World 2.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Car Booty; (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Dirty Rotten Cheater. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: The Cramp Twins. (R) (T) 3.45 The Secret Show. (R) (T) 4.00 Raven: The Secret Temple. (R) (T) 4.30 Prank Patrol. (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Camella worries about her unborn child. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 EastEnders. Stacey has a final showdown with Max which, unknown to them both, is overheard by Sean. Roxy expresses her interest in Jack, but it's clear his intentions lie elsewhere. Jase fears for Jay's safety when Terry sends threatening texts, and the Mascod household anxiously awaits Syed's arrival for the reunion meal. (T)

8.00 Holly City. Jac learns a consultant's post is available on Keller, but her hopes take a battering when she discovers Lady Byrne is on the interviewing panel. Sam takes advantage of Maddy by dumping baby Grace on her while he goes out with agency nurse Zoe. Elliot catches James rifling through his wallet, but Mark is about to discover the surgeon's son involved in a more serious criminal act. (T)

9.00 Spooks. When a plane is hijacked and crashed near an airbase in the UK it reveals the Americans were behind the false information which resulted in the disastrous Tehran operation. The discovery that Britain's closest ally is prepared to manipulate events for its own ends leaves Ros disillusioned and pushes her down a dangerous path toward betraying her country. Drama, starring Hermione Norris. (T)

10.00 BBC News at Ten O'Clock. (T)

10.25 Regional News; Weather. (T)

10.35 Imagine. Alan Yentob meets actor Amitabh Bachchan, voted Star of the Millennium in a BBC poll. In a career spanning more than 30 years, and encompassing 160 films, the fame of this leading light of Indian cinema has achieved global significance. British Asians Sanjeev Bhaskar and Hardeep Singh Koli assess his movies' place in the history of cinema on the sub-continent. (T)

11.25 Film 2007 with Jonathan Ross. Reviews of Elizabeth: The Golden Age, in which Cate Blanchett returns to the role of the Virgin Queen, Interview starring Sienna Miller and space feature In the Shadow of the Moon. (T)

11.55 FILM: Best Seller (1987). Thriller, with Brian Dennehy. (T) Weatherview.

1.30 Sign Zone: See Hear. (R) (T) 2.00 Sign Zone: Mountain. (R) (T) 3.00 Sign Zone: Great British Journeys. (R) (T) 4.00 Sign Zone: Kitchen Criminals. (R) (T) 4.30 BBC News 24. (T)



BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Doodle Do. (R) (T) 6.40 Boogie Beebies. (R) (T) 6.55 Storytime with Roly Mo. (R) (T) 7.00 In the Night Garden. (R) (T) 7.30 Bob the Builder: Project Build It. (T) 7.40 Finley the Fire Engine; (T) Mr Tumble. (R) (T) 8.00 CBBC: Roar. (T) 9.00 Best of Friends. (R) (T) 9.30 Beat the Boss. (R) (T) 9.55 What's New Scooby-Doo? (R) (T) 10.20 Mona the Vampire. (R) (T) 10.30 The Basil Brush Show. (R) (T) 11.00 Dangerous. (R) (T) 11.10 The Munsters. (R) (T) (bw) 11.35 Top Cat. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 FILM: Voyage to the Bottom of the Sea (1961). Sci-fi adventure, starring Walter Pidgeon. (T) 2.45 Escape to the Country. (R) (T) 3.45 FlogIt! (R) (T) 4.30 Food Poker. (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Dragons' Den. Innovations include a brush for knotted hair. (R) (T) 8.00 Oz and James's Big Wine Adventure. The presenters explore the world's largest vineyard. (T) 8.30 Heston Blumenthal: In Search of Perfection. The chef examines the 800-year-old secret of Peking duck. (T) 9.00 Classical Star. The seven remaining candidates are put to the test in a professional recording studio, where the pressure of recording a piece of music to match a short film soon starts to tell. (T) 10.00 The Grumpy Guide to Romance. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Long Way Down. (R) (T) 12.20 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

Pick of the Day

Oz and James's Big Wine Adventure, BBC2, 8pm

It's a tough old life isn't it? Well no, not for wine writer Oz Clarke and Top Gear's James May, who continue their journey around the globe to sample some of the world's finest wines. The aim of this six-part series is to educate beer-drinking James and the British public in the finer points of wine appreciation. Many people will regard themselves as being wine connoisseurs, but how many of us will stare blankly at the wine menu before ordering an over-priced Sauvignon Blanc so as not to appear penny-pinching or ignorant? Here the pair travel to Delicato in California - the world's biggest vineyard, which is so vast it has different climates from one end to the other. They then go to Carmel, one of the state's richest towns, and pay a visit to L'Auberge, a highbrow restaurant whose owners believe that red wine is the perfect accompaniment for fish. Matters get a tad more serious as the boys meet up with Josh Jensen from the Calera winery, who has struggled to make the perfect Pinot and Chardonnay in one of California's most difficult vineyards. On their final stop, Oz and James meet Gary Pisoni, a true maverick who invested his parents' money into planting Chardonnay. His tipple proves to be the boys' favourite, and Gary also lets James use his rifle, using bottles of some of the worst wines he has tasted for target practise.

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Advertising Uncut; (T) 3 Minute Wonder. (R) (T) 10.00 My Crazy Media Life; (R) (T) 3 Minute Wonder. (R) (T) 10.30 21st Century Bard: The Making of Twelfth Night; (R) (T) 3 Minute Wonder. (R) (T) 11.00 Get Me the Producer; (R) (T) Get Me the Producer: Researcher and Get Me the Producer: Studio Director. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.00 Proud Parents. (R) (T) 1.10 FILM: The China Syndrome (1979). Suspense thriller, with Michael Douglas and Jane Fonda. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Can You Believe Your Eyes? (T) 8.00 Property Ladder. New series. Sarah Beeny meets developers renovating a Methodist chapel just outside Nottingham and a Cambridgeshire pub, as cash and inspiration start to become depleted by hard work. (T) 9.00 Ramsay's Kitchen Nightmares. New series. A Brighton seafood restaurant whose owner hates fish. (T) 10.00 Brat Camp: Mums and Daughters. Foul-mouthed Nicole and her mother Jackie. (T) 11.05 Britain's Deadliest Addictions. (T) 12.05 The Fanbata Football Show. 12.40 UK Poker Tour. 1.45 FIA GT Championship. 2.10 KOTV. (T) 2.40 Urban Beach Tour. 3.05 Racing Rivals. (R) 3.35 Freeports on 4. (R) 4.00 Channel 4 Education. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Ebb and Flo. (R) (T) 6.45 Funky Town. 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fill and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Joey. (R) (T) 1.00 Joey. (R) (T) 1.25 Monkey Life. (R) (T) 1.50 FILM: More Sex and the Single Mom (2005). Comedy, starring Gail O'Grady. (T) 3.40 five news update. (T) 3.45 FILM: Back to You and Me (2005). Premiere. Stirring drama, starring Lisa Hartman Baker. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Zoo Days. (T) 7.00 five news. (T) 7.30 Chris Barrie's Massive Engines. The evolution of motorbikes; (R) (T) 7.30 five news update. 8.00 Tutankhamun - Secrets of the Boy King: Revealed. Lord Carnarvon investigates the history of ancient Egypt. Last in series; (T) 8.00 five news at 9. 9.00 CSI: Miami. A couple from a wealthy neighbourhood are murdered. (T) 10.00 CSI: NY. A woman is found dead in a bath full of water and rose petals. Neighbours report hearing two pops which could have been gunshots, but there is no evidence of a shooting; (R) (T) five news update. 11.00 Law & Order: Criminal Intent. (R) (T) 12.00 Urban Legends. (T) 12.30 NBA Basketball. San Antonio Spurs v Portland Trail-blazers (Tip-off 2.00am). 4.00 Football Italiano. 5.20 V8 Supercars.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (R) (T) 3.00 Dickinson's Real Deal. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Nicola convinces David that her husband's situation benefits them both, so he sides with her over her deception. Jamie's plan to impress Louise and Terry backfire when he accidentally books a stag party and Paddy voices his concerns to Gray about Rosemary's whereabouts. (T)

7.30 The London Programme. Report following officers on the frontline in the fight against nuisance noise, as statistics show sound pollution has increased tenfold in the capital over the past decade. There's also a look at the car that makes more noise than a jumbo jet taking off. (T)

8.00 Who Wants to Be a Millionaire? Chris Tarrant invites another line-up of contestants to have a go at answering questions that could change their lives - with life-lines Ask the Audience, Phone a Friend and 50-50 available to them if they get stuck. (T)

9.00 Roger Cook's Greatest Hits. The investigative journalist returns to his old haunts to find out what has happened since his original exposés of scandals and villains worldwide. His journey takes him from Snakehead gang rackets and organised crime in Spain to canned lion-hunting in South Africa. Cook also revisits the harrowing trend in young women sold by sex traffickers to discover the fate of one particular British woman. (T)

10.30ITV News; Weather. (T)

11.05Extreme Rescue. Documentary reconstruction, archive footage and graphics are used to bring to life the rescue attempts by local people and trained mountain rescue teams following the avalanche in the French village of Montroc in 1999. Travelling at approximately 60mph, and made up of 300,000 cubic metres of snow, the landslide became the most deadly in French Alpine history as it raced downslope, crushing and burying 12 chalets. Last in series. (T)

12.05 Make Your Play; (T) ITV News Headlines. 4.10 Quincy ME. (R) (T) 5.00 ITV Nightscreen.

LOCAL

Best of the Rest

RTP1

0630 Bom Dia Portugal 1000  
Praça da Alegria 1300 News  
1410 Prova de Amor 1435 Lingo  
1530 Portugal No Coração 1700  
Operação Triunfo 2005  
Teleales 2100 A Guerra 2200  
Sabe mais do que um Miúdo de 10 Anos? 2300 Football: Taça da Liga - Carlsberg Cup 0045  
Câmara Café 0145 Palavras pra Quê 0215 Trio D Ataque 0415  
Teleales 0605 Nôs

RTP2

0700 Euronews 0715 Zig Zag  
1300 Discovery Hour 1400  
Sociedade Civil 1530 Sim, Amor  
1600 Zig Zag 1700 National  
Geographic 1815 Diário de Sofia  
1830 A fé Dos Homens 1900  
2010 1945 Zig Zag 2045 Totões  
Contas o Chris 2115 National  
Geographic 2200 News 2240  
ER 2330 Animais Como nós  
0030 Noites da 2 0115 Discovery  
Hour 0215 Câmara Clara 0315  
2010 0400 Sociedade Civil 0615  
Euronews

SIC

0700 Floribella 0830 Sic Kids  
1100 Fatima 1300 News 1415  
Eterna Magi 1445 O Profeta  
1515 Contato 1800 Pê na Jaca  
1900 Ganhar é Que se Gente  
Se Entende 2000 News 2115  
Chiquititas 2215 Paraíso  
Tropical 2315 Vingança 0015  
Desperate Housewives 0215  
Sex and the City 0330 Olhar da  
Serpente

TVI

0700 Diário Da Manhã 1000  
Você na TV 1300 News 1400 As  
Tardes da Júlia 1700 Quem  
Quer Ganha 1800 Morangos  
com Açúcar 2000 News 2115  
Olha dos Amores 2215 Doca  
Fugitiva 2315 Tu e Eu 0015 Film  
TBA

BBC3

7.00 The Most Annoying Pop  
Moments - We Hate to Love  
8.00 Celebrity Scissorhands  
9.00 Louis Theroux: Under  
the Knife 10.00 EastEnders  
10.30 Spooks 11.30  
Celebrity Scissorhands  
12.30 The Most Annoying  
Pop Moments - We Hate to  
Love 1.25 Celebrity  
Scissorhands Uncut 3.40  
Singing with the Enemy 4.40  
Close

BBC4

7.00 World News Today 7.00  
Weather 7.30 Pop Goes the  
60s: Moody Blues 7.35  
Batman 8.00 Legends:  
Jacques Brel - Ne Me Quitte  
Pas 9.00 Ripping Yarns 9.30  
Flight of the Conchords  
10.00 The History of the World  
Backwards 10.30 Storyville  
12.00 Storyville 1.10 The  
History of the World  
Backwards 1.40 Legends:  
Jacques Brel - Ne Me Quitte  
Pas 2.40 Storyville 4.10  
Close

ITV2

1.00 Emmerdale 1.30 The  
Jeremy Kyle Show 2.35 The  
Jeremy Kyle Show 3.40 Ricki  
Lake 4.25 Sally Jessy  
Raphael 5.10 Airline 5.40  
Judge Judy 7.00 Streetmate  
8.00 Welcome To Fatland  
9.00 Film: The Fifth Element  
PG (1997) 11.30 Secret Diary  
of a Call Girl 12.00 Entourage  
12.30 Film: Spun 18 (2003)  
2.30 Make Your Play: ITV  
Play 4.00 Teleshopping 6.00  
Close

Sky One

1.00 Stargate SG-1 2.00  
Stargate SG-1 3.00 Relic  
Hunter 4.00 Stargate SG-1  
5.00 Stargate SG-1 6.00

Futurama 6.30 The Simpsons  
7.00 The Simpsons 7.30 The  
Simpsons 8.00 Stargate  
Atlantis 9.00 Nothing But  
the Truth 10.00 A Town Called  
Eureka 11.00 Street Wars  
12.00 Road Wars 1.00 Star  
Trek: Voyager 1.50 Star Trek:  
Voyager 2.40 Star Trek:  
Voyager 3.30 Star Trek:  
Voyager 4.20 Dream Team  
5.10 Guilty!

UKTV Gold

1.20 Last of the Summer Wine  
2.00 Last of the Summer Wine  
2.40 My Family 3.20 Open All  
Hours 4.00 Porridge 4.40  
Keeping Up Appearances 5.20  
My Family 6.00 Doctor Who  
7.00 Open All Hours 7.40 Only  
Fools and Horses 8.20 The  
Vicar of Dibley 9.00 Only Fools  
and Horses 11.00 The Vicar  
of Dibley 11.40 The Catherine  
Tate Show 12.20 Two Pints of  
Lager and a Packet of Crisps  
1.00 Two Pints of Lager and a  
Packet of Crisps 1.40 Prison  
Break 2.30 Comedy  
Connections 3.00 The Bill 3.50  
As Time Goes By 4.20 The  
Afternoon Play 5.10  
Neighbours 5.35 Neighbours

TCM

1.00 The Last Time I Saw  
Paris PG (1954) 3.00 Mildred  
Pierce PG (1945) 5.05 Young  
Cassidy PG (1964) 7.05 The  
Walking Stick PG (1970) 9.00  
The Outlaw Josey Wales 18  
(1976) 11.30 Diner 15 (1982)  
1.30 Westworld 15 (1973) 2.55  
Teleshopping 3.10 Bridge to  
the Sun U (1961)

The Disney Channel

Kids' programmes from 7am.  
except: 6.00 Film:  
Halloweentown High PG  
(2004) Spooky comedy  
sequel, starring Kimberly J  
Brown

Sky Movies Drama

6.55 A Month of Sundays PG  
(2001) 8.50 Colombo: Rest in  
Peace, Mrs Columbo PG  
(1990) 10.40 The Clinic PG  
(2004) 12.25 United 93 15  
(2006) With Christian  
Clemenson. 2.30 Colombo:  
Rest in Peace, Mrs Columbo  
PG (1990) With Peter Falk.  
4.20 A Month of Sundays PG  
(2001) With Rod Steiger. 6.10  
Kissed by an Angel PG (2000)  
With Adam Treese. 8.00 United  
93 15 (2006) With Christian  
Clemenson. 10.00  
Freedomland 15 (2006) With  
Samuel L Jackson. 11.55  
Mean Creek 15 (2004) With  
Rory Culkin. 1.30 The Ice  
Storm 15 (1997) With  
Sigourney Weaver. 3.25 The  
Offence 15 (1973) 5.20 Kissed  
by an Angel PG (2000)

Sky Movies Comedy

6.00 Under Wraps PG (1997)  
7.40 A Touch of Larceny U  
(1959) 9.20 The Dream Team  
15 (1989) 11.20 Failure to  
Launch 12 (2006) With  
Matthew McConaughey. 1.00  
Date Movie 12 (2006) With  
Alyson Hannigan. 2.40 Under  
Wraps PG (1997) With Adam

Wylie. 4.20 Captain Ron PG  
(1992) With Kurt Russell. 6.10  
Bring It On: All or Nothing 12  
(2006) With Hayden  
Panettiere. 8.00 Failure to  
Launch 12 (2006) With  
Matthew McConaughey. 10.00  
Date Movie 12 (2006) With  
Alyson Hannigan. 11.30 The  
Dream Team 15 (1989) With  
Michael Keaton. 1.25 She's  
Having a Baby 15 (1988) With  
Kevin Bacon. 3.15 Bring It On:  
All or Nothing 12 (2006) 4.55  
A Touch of Larceny U (1959)

Sky Movies Action

6.15 Blue Thunder 15 (1983)  
8.15 The Abyss: Special  
Edition 15 (1989) 11.10 King  
Kong 12 (2005) With Naomi  
Watts. 2.20 Homeland  
Security 15 (2004) With Scott  
Glenn. 4.05 Blue Thunder 15  
(1983) With Roy Scheider. 6.05  
The Abyss: Special Edition 15  
(1989) With Ed Harris. 9.00  
The Dukes of Hazzard 12  
(2005) With Seann William  
Scott. 11.00 King Kong 12  
(2005) With Naomi Watts. 2.10  
Homeland Security 15 (2004)  
With Scott Glenn. 3.45  
Whispers in the Dark 18 (1992)  
5.30 In the Line of Duty: Siege  
at Marion PG (1992)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Wild Spirits 6.30  
Champions League Weekly  
7.00 Soccer AM: The Best  
Bits 8.00 Big League  
Weekend 9.30 Soccer AM:  
The Best Bits 10.30 Wild  
Spirits 11.00 Big League  
Weekend 12.30 Soccer AM:  
The Best Bits 1.30 Wild  
Spirits 2.00 Big League  
Weekend 3.30 NFL 5.00  
Sports Unlimited 5.30  
Fishing 7.30 NFL 9.00  
European Challenge Tour  
Golf 10.00 Fishing 11.00  
World Hockey Monthly 11.30  
Sports Unlimited 12.30  
Fishing 1.30 World Hockey  
Monthly 2.00 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30  
Adrenaline 7.00 Aerobics Oz  
Style 7.30 Adrenaline 8.00  
FEI Equestrian World 8.30  
Wild Spirits 9.00 World Motor  
Sport 11.30 NFL 1.00  
Kartmasters 2.00 FEI  
Equestrian World 2.30 World  
Motor Sport 5.00 NFL: Total  
Access 6.00 Adrenaline  
6.30 European Challenge  
Tour Golf 7.30 Live  
Greyhound Racing: The  
William Hill St Leger  
meeting. 10.00 Poker Million  
12.00 NFL: Total Access  
1.00 European Challenge  
Tour Golf 2.00 Close

Sky Sports 3

9.30 Poker 11.00 Racing  
News 11.30 Aerobics Oz  
Style 12.00 Adrenaline 12.30  
Wild Spirits 1.00 NFL: Total  
Access 2.00 Adrenaline 2.30  
Poker 4.00 Adrenaline 4.30  
Wild Spirits 5.00 Sports  
Unlimited 6.00 FEI  
Equestrian World 6.30  
Fishing 7.30 NFL 9.00  
European Challenge Tour  
Golf 10.00 Fishing 11.00  
World Hockey Monthly 11.30  
Sports Unlimited 12.30  
Fishing 1.30 World Hockey  
Monthly 2.00 Close

British Eurosport

7.30 World Rally  
Championship 8.00  
Eurosport Buzz 8.30 CAF  
Champions League 9.45  
WATTS 10.00 Eurogals  
11.00 MotoGP 12.00 MotoGP  
1.00 MotoGP 2.00 MotoGP  
3.00 Beach Soccer 4.00  
Beach Soccer 5.00  
Eurogals 5.15 WATTS 5.45  
Eurogals 6.45 Eurogals  
7.00 Boxing 8.00 Live  
Boxing. Kamel Amrane v  
Christophe Dettinger. 10.00  
Rallying 10.30 World Rally  
Championship 11.30 Touring  
Cars 12.30 Close

Sky Sports Xtra

10.00 Live Tennis. The ATP  
Masters Series event in  
Paris. 10.00 Heritage Grand  
Touring Car Challenge 10.30  
Powerboating 11.30  
Adrenaline 1.30 Heritage  
Grand Touring Car Challenge  
12.00 Kartmasters 1.00  
Adrenaline 1.30 Heritage  
Grand Touring Car Challenge  
2.00 Close



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PAT Care

See page 21



## BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather; (T) 11.00 To Buy or Not to Buy. (T) 11.30 Car Booty; (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Dirty Rotten Cheater. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Jakers! (R) (T) 3.45 The Secret Show. (R) (T) 4.00 Raven: The Secret Temple. (R) (T) 4.30 SMart. (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Elle begins her campaign to find Oliver's father. Toadie's life is thrown into disarray once more when his older brother Stonie makes a reappearance on Ramsay Street, and Ned confronts Mickey's mean-tempered football coach. (R) (T)

6.00 BBC News; Weather. (T)  
6.30 Regional News Programmes; Weather. (T)  
7.00 The ONE Show. (T)

7.30 Inside Out. Documentary series focusing on stories of interest to the region. (T)

8.00 Watchdog. Investigation show, exposing rogue traders and fighting for consumers' rights. (T)

8.30 Rogue Traders. Matt Allwright and Dan Penteado expose two companies who deceive prospective clients into believing that their homes are in serious danger of weather damage, only to charge thousands of pounds to provide redundant damp proofing. Last in series. (T)

9.00 The Nature of Britain. Alan Titchmarsh explores the freshwater habitats of the UK, documenting the cannibalistic ferocious trout, whose living conditions have left it preying on its own kind in order to survive the dark depths of Loch Ness. In Leicester, an aquatic deposit below a gravel-pit provides for a surprisingly romantic view of the predatory pike. (T)

10.00 BBC News at Ten O'Clock. (T)  
10.25 Regional News; Weather. (T)

10.35 The National Lottery Draws. More fortunes are made as the balls are set rolling and the all-important results of the Thunderball and Lotto draws are revealed. (T)

10.40 One Life. Documentary detailing the struggles of brain-damaged individuals and their inability to communicate meaningfully. After a miracle-drug is tested in South Africa with the potential to 'wake up' coma victims almost instantaneously, two families travel to Africa to see for themselves whether the drug labelled 'Reborn' is a genuine cure, or another false hope; (T) National Lottery Update.

11.30 FILM: Halloween (1978). Influential horror, starring Jamie Lee Curtis; (T) Weatherview.

1.00 Sign Zone: Antiques Roadshow. (R) (T) 2.00 Sign Zone: The Truth About Property. (R) (T) 3.00 Sign Zone: Michael Palin's New Europe. (R) (T) 4.00 Sign Zone: Kitchen Criminals. (R) (T) 4.30 BBC News 24. (T)



## BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Doodle Do. (R) (T) 6.40 Boogie Beebies; (R) (T) Storytime with Roly Mo. (T) 7.00 In the Night Garden. (T) 7.30 Bob the Builder: Project Build It. (T) 7.40 Finley the Fire Engine; (T) Mr Tumble. (T) 8.00 Roar. (T) 9.00 CBBC: Best of Friends. (R) (T) 9.30 Beat the Boss. (R) (T) 9.55 What's New Scooby-Doo? (R) (T) 10.20 Mona the Vampire. (R) (T) 10.30 Basil Brush. (R) (T) 11.00 FILM: Taras Bulba (1962). Historical epic, starring Ulv Brynner. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Animal Park. (T) 2.45 Escape to the Country. (R) (T) 3.45 Flog It! (R) (T) 4.30 Food Poker. (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Top Gear. The Ferrari 599 takes to the test track. (R) (T) 8.00 Coast. The team travel from Dublin to Derry via the Laytown Races, the only European beach race run under Jockey Club rules, and Dundrum Bay in Northern Ireland. (R) (T) 9.00 Heroes. Matt Parkman and Ted Sprague arrive in Texas to learn more about Mr Bennett, and take the entire family hostage - resulting in an explosive showdown. (T) 9.45 Heroes Unmasked. How Bennett's web of lies and deceit took form. (T) 10.00 Never Mind the Buzzcocks. Torchwood's John Barrowman guests. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Man Stroke Woman. (R) (T) 11.50 The Screen Wipe Guide to TV. (T) 12.20 BBC News 24. 2.00 BBC Learning Zone.

Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Nothing But the Truth 10.00 Film: Payback 18 (1999) 11.15 Law & Order 12.55 Star Trek: Voyager 1.50 Star Trek: Voyager 2.40 Star Trek: Voyager 3.30 Star Trek: Voyager 4.20 Dream Team 5.10 Guilty!

UKTV Gold  
1.20 Last of the Summer Wine  
2.00 Last of the Summer Wine  
2.40 My Family 3.20 Open All Hours  
4.00 Porridge 4.40 Keeping Up Appearances 5.20 My Family 6.00 Doctor Who 7.00 Open All Hours 7.40 Only Fools and Horses 8.20 The Vicar of Dibley 9.00 New Tricks 10.00 Shark 11.00 The Vicar of Dibley 11.40 The Catherine Tate Show 12.20 Two Pints of Lager and a Packet of Crisps 1.00 Two Pints of Lager and a Packet of Crisps 1.40 Prison Break 2.30 Comedy Connections 3.00 The Bill 3.50 As Time Goes By 4.20 The Afternoon Play 5.10 Neighbours 5.35 Neighbours

TCM  
1.00 It Started with a Kiss PG (1959) 3.00 The Gang That Couldn't Shoot Straight PG (1971) 4.50 Julius Caesar U (1953) 7.00 Sunday in New York U (1963) 9.00 10 Rillington Place 15 (1971) 11.10 The Exorcist 18 (1973) 1.45 The Best House in London 15 (1968) 3.20 Teleshopping 3.35 The Red Badge of Courage U (1951)  
The Disney Channel  
Kids' programmes from 7am, except: 6.00 Film: Return to Hallowentown PG (2006) Fantasy adventure, starring Summer Bishil.

## Pick of the Day

**The National Television Awards 2007, ITV1, 8.30pm**  
Trevor McDonald hosts the star-studded ceremony that pays tribute to the best of British television. This year's 13th National Television Awards is being broadcast live on Halloween from London's Royal Albert Hall. Thankfully, it won't be ghosts or ghouls appearing on our screens, but top talent competing for the most coveted award in the industry, voted for by the viewers. This year's new category, Most Popular Talent Show, will be a clash of the titans as Andrew Lloyd Webber - Any Dream Will Do - and Simon Cowell - The X Factor and Britain's Got Talent - go head to head. Normal voting for all categories closes at noon, but for the first time ever viewers will be able to vote live for their Most Popular Talent Show via phone and text. The host said: "It has been a controversial year for the TV industry, which has rarely been out of the news, but the National Television Awards are a celebration of TV programming at its most popular. It is a ceremony for everyone who loves great television and a unique opportunity for us to catch up on the best TV moments of the past year."

## C4

6.00 Cubeez. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Advertising Uncut; (T) 3 Minute Wonder. (R) (T) 10.00 My Crazy Media Life; (T) 3 Minute Wonder. (R) (T) 10.30 21st Century Bard: The Making of Twelfth Night. (R) (T) 3 Minute Wonder. (R) (T) 11.00 Get Me the Producer; (R) (T) Get Me the Producer: Floor Manager and Get Me the Producer: Set Designer. 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.00 FILM: The Cassandra Crossing (1976). Disaster epic, with Burt Lancaster. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Can You Believe Your Eyes? A film crew are plagued by creepy noises. (T) 8.00 Selling Houses Abroad. Part two of two. Andrew Winters helps a woman stranded between two properties and a couple whose dream home in Portugal is in danger of sinking into a mire. (T) 9.00 Britz. Part one of two. A young British Muslim working within M15 finds himself on the trail of old friends after enquiries lead him back to his old neighbourhood. Thriller, starring Riz Ahmed. (T) 11.15 Britain's Deadliest Addictions. (T) 12.15 Studio 60 on the Sunset Strip. (T) 1.15 Studio 60 on the Sunset Strip. (T) 2.15 Your Face or Mine? (R) (T) 2.45 FILM: Juno: The Grudge (2003). Premiere. Japanese horror, starring Megumi Okina. 4.15 MobileAct Unsigned. (R) (T) 5.15 Countdown. (R)

### Sky Movies Drama

7.10 Anna's Dream PG (2002)  
8.40 Drama Close Up 9.10  
Columbo: Undercover PG (1994) 10.45 Victim of Love PG (1993) 12.20 The World's Fastest Indian 12 (2006) With Anthony Hopkins. 2.30 Columbo: Undercover PG (1994) With Peter Falk. 4.05 Victim of Love PG (1993) With Dwight Schultz. 5.40 A Cry in the Dark 15 (1988) With Meryl Streep. 7.45 Elizabeth: The Golden Age Special 8.00 The World's Fastest Indian 12 (2006) With Anthony Hopkins. 10.10 The Exorcism of Emily Rose 15 (2005) With Laura Linney. 12.15 A Cry in the Dark 15 (1988) With Meryl Streep. 2.15 Bee Season 12 (2005) With Richard Gere. 4.00 Breaking the Surface: The Greg Louganis Story 12 (1997) 5.35 Anna's Dream PG (2002)

### Sky Movies Comedy

6.30 Fat Albert U (2004) 8.05 The Honeymooners PG (2005) 9.40 If Only 15 (2004) 11.20 Bean PG (1997) With Rowan Atkinson. 12.55 The Ringer 12 (2005) With Johnny Knoxville. 2.35 Fat Albert U

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

## FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Ebb and Flo. (R) (T) 6.45 Funky Valley. (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerbuds. (R) (T) 8.20 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Joey. (R) (T) 1.00 Joey. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.40 FILM: Still Crazy Like a Fox (1987). Crime comedy, starring Jack Warden. (T) 3.40 five news update. (T) 3.45 FILM: Murder in Greenwich (2002). Fact-based drama, starring Christopher Meloni. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Zoo Days. (T) 7.00 five news. (T) 7.30 Binge Britain: Diet Doctors Specials. New series. Six athletes illustrate the effects of binge eating on the body. (T) 8.00 Diet Doctors: Inside and Out. New series. A new team of nutritionists take up the dietary gauntlet. (T) 9.00 How to Have Sex After Marriage. (T) 10.00 FILM: Hollywood Homicide (2003). Two cops dream of escaping the everyday grind until their skills are put to the test by a particularly baffling murder. Action comedy, starring Harrison Ford and Josh Hartnett. (T) 12.15 Great South Run. (S) 12.50 Major League Baseball. 4.25 Race and Rally UK. 4.50 Motorsport Mundial. 5.10 NHRA Drag Racing.

### Sky Movies Action

(2004) With Kenan Thompson. 4.10 The 40 Year Old Virgin 15 (2005) With Steve Carell. 6.10 Kinky Boots 12 (2005) With Chiwetel Ejiofor. 8.00 Bean PG (1997) With Rowan Atkinson. 9.35 The Ringer 12 (2005) With Johnny Knoxville. 11.15 The 40 Year Old Virgin 15 (2005) With Steve Carell. 1.15 Kinky Boots 12 (2005) With Chiwetel Ejiofor. 3.15 If Only 15 (2004) 5.05 The Honeymooners PG (2005)

### Sky Movies Action

7.10 Down 'n Dirty 15 (2000) 9.05 Shadow Conspiracy 15 (1997) 11.00 Chain Reaction 12 (1996) With Keanu Reeves. 1.00 Switchback 15 (1997) With Dennis Quaid. 3.10 Down 'n Dirty 15 (2000) With Fred Williamson. 5.05 Shadow Conspiracy 15 (1997) With Charlie Sheen. 7.00 Chain Reaction 12 (1996) With Keanu Reeves. 9.00 Highlander III: The Sorcerer 15 (1994) With Christopher Lambert. 10.40 Firewall 12 (2006) With Harrison Ford. 12.40 True Colors 15 (1991) With John Cusack. 2.45 Determination of Death 15 (2000) With Marc Singer. 4.40 Volcano: Fire on the Mountain PG (1997)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (R) (T) 3.00 Dickinson's Real Deal. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

6.00 London Tonight; Weather. (T)  
6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Chas and Paddy investigate Rosemary's disappearance and certain discoveries convince them to call the police. Jamie's apologies fail to win over Louise, calling into question their entire relationship. Jealousy starts to get the better of Marlon when he blames Ross for Donna's injury at work. (T)

7.30 Coronation Street. As Sarah's big day arrives, Gail grows anxious that her son didn't return home the previous night, and when the family leave for the fairy-tale wedding, a disillusioned David drives his car into the canal. Before the couple take their vows, the police interrupt the ceremony to deliver the bad news. Elsewhere, Paul shares a kiss with Leanne. (T)

8.30 The National Television Awards 2007. Trevor McDonald hosts the star-studded ceremony from the Royal Albert Hall paying tribute to the best of British television. EastEnders and Coronation Street go head-to-head for the soap crown, while Ant & Dec and The X Factor go for the top entertainment prizes. Family favourite Doctor Who is again among the nominations for best drama, best actress and best actor, three titles the show has held for the past two years. In a quiet year for comedy, there's a clash of the titans in the factual category, where Gordon Ramsay comes up against Jeremy Clarkson and Jeremy Kyle. On-line voting is open to the public for all eleven categories. (T)

10.30 ITV News; Weather. (T)

11.05 Carling Cup Highlights. Matt Smith is joined by Robbie Earle to present action from this week's fourth-round fixtures, including Luton Town against Everton at Kenilworth Road and Sheffield United's tie with Arsenal at Bramall Lane. The Hatters already boast a top-flight scalp in the shape of Sunderland in this competition and will be hoping to make the Toffees their second, while the Gunners will be keen to avoid a repeat of their last visit to the Lane, when they lost 1-0 in the Premier League last season. Plus, all the goals from Liverpool v Cardiff City, Tottenham Hotspur v Blackpool and the rest of the remaining games. Commentary by Jon Champion, Peter Drury and John Rawling, with reports from Dave Beckett and Tom Skipplings. 12.05 Make Your Play; (T) ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightscreen.

## LOCAL

**RTP1**  
0630 Bom dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1700 Lingo 1800 Proval em Directo 1900 Operação Triunfo 1905 O Preço Certo 1955 Direto de Antena 2000 News 2055 Football: V Setúbal V Benfica 2300 Football: Taça da Liga 0100 Operação Trínfo 0300 Normal, film 0400 Teleales 0605 Nós  
**RTP2**  
0700 euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim, Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 a Fé dos Homens 1900 Biosfera 1945 Zig Zag 2045 Todos Contra o Chris 2115 national Geographic 2200 News 2240 24 2315 Bastiões 2330 Clube de Jornalistas 0030 Notícias da 2 0115 Discovery Hour 0215 Consigo 0245 Bastiões 0315 Biosfera 0400 Sociedade Civil 0600 Euronews  
**SIC**  
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1800 Pé na Casa 1900 Ganhar é Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0045 One night with The President, film 0215 Sex and the City 0330 Olhar da Serpente  
**TVI**  
0700 Diário Da Manhã 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Que Quer Ganhar 1800 Morangos com Açúcar - Férias de Verão 2000 News 2115 Iha dos Amores 2215 Doce Fúgitive 2315 Tu e Eu 0015 Film TBA 0230 Toca o Ganhar 0345 TVI Negócios 0400 O Portecor IV 0500 Teleales

## Best of the Rest

**BBC3**  
7.00 The Most Annoying Pop Moments - We Hate to Love 8.00 Celebrity Scissorhands 9.00 Drop Dead Gorgeous 10.00 Heroes 10.45 Celebrity Scissorhands 11.40 The Most Annoying Pop Moments - We Hate to Love 12.40 Drop Dead Gorgeous 1.40 Celebrity Scissorhands Uncut 3.55 My Penis and Everyone Else's 4.55 Close  
**BBC4**  
7.00 World News Today 7.00 Weather 7.30 Pop Go the Sixties: Marmalade 7.35 Batman 8.00 Michael Palin's New Europe 9.00 The Edwardian Family Album 10.00 The Nature of Britain: A User's Guide 11.00 Fanny Hill 12.00 Animation Nation 1.00 Animation Nation 2.00 Animation Nation 3.00 The Nature of Britain: A User's Guide 4.00 Close  
**ITV2**  
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.10 Airline 5.40 Judge Judy 7.00 The New Adventures of Superman 8.00 The Planet's Funniest Animals 8.30 Hell's Kitchen USA 9.30 Hell's Kitchen USA 10.30 Jack and Kelly Backstage Exclusive 11.30 Coronation Street 12.30 Katy Brand's Big Ass Show 1.00 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close  
**Sky One**  
1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 Relic Hunter 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Futurama 6.30 The Simpsons 7.00 The

Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Nothing But the Truth 10.00 Film: Payback 18 (1999) 11.15 Law & Order 12.55 Star Trek: Voyager 1.50 Star Trek: Voyager 2.40 Star Trek: Voyager 3.30 Star Trek: Voyager 4.20 Dream Team 5.10 Guilty!

UKTV Gold  
1.20 Last of the Summer Wine  
2.00 Last of the Summer Wine  
2.40 My Family 3.20 Open All Hours  
4.00 Porridge 4.40 Keeping Up Appearances 5.20 My Family 6.00 Doctor Who 7.00 Open All Hours 7.40 Only Fools and Horses 8.20 The Vicar of Dibley 9.00 New Tricks 10.00 Shark 11.00 The Vicar of Dibley 11.40 The Catherine Tate Show 12.20 Two Pints of Lager and a Packet of Crisps 1.00 Two Pints of Lager and a Packet of Crisps 1.40 Prison Break 2.30 Comedy Connections 3.00 The Bill 3.50 As Time Goes By 4.20 The Afternoon Play 5.10 Neighbours 5.35 Neighbours

TCM  
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The Disney Channel  
Kids' programmes from 7am, except: 6.00 Film: Return to Hallowentown PG (2006) Fantasy adventure, starring Summer Bishil.

## MOVIES

### Sky Movies Drama

7.10 Anna's Dream PG (2002)  
8.40 Drama Close Up 9.10  
Columbo: Undercover PG (1994) 10.45 Victim of Love PG (1993) 12.20 The World's Fastest Indian 12 (2006) With Anthony Hopkins. 2.30 Columbo: Undercover PG (1994) With Peter Falk. 4.05 Victim of Love PG (1993) With Dwight Schultz. 5.40 A Cry in the Dark 15 (1988) With Meryl Streep. 7.45 Elizabeth: The Golden Age Special 8.00 The World's Fastest Indian 12 (2006) With Anthony Hopkins. 10.10 The Exorcism of Emily Rose 15 (2005) With Laura Linney. 12.15 A Cry in the Dark 15 (1988) With Meryl Streep. 2.15 Bee Season 12 (2005) With Richard Gere. 4.00 Breaking the Surface: The Greg Louganis Story 12 (1997) 5.35 Anna's Dream PG (2002)

### Sky Movies Comedy

6.30 Fat Albert U (2004) 8.05 The Honeymooners PG (2005) 9.40 If Only 15 (2004) 11.20 Bean PG (1997) With Rowan Atkinson. 12.55 The Ringer 12 (2005) With Johnny Knoxville. 2.35 Fat Albert U

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

## SPORT

### Sky Sports 1

6.00 Revista De La Liga 7.00 European Challenge Tour Golf 8.00 Carling Cup Football 9.30 A-League 10.00 Revista De La Liga 11.00 European Challenge Tour Golf 12.00 Foot Brazil 12.30 Carling Cup Football 2.00 A-League 2.30 Revista De La Liga 3.30 Carling Cup Football 5.00 European Challenge Tour Golf 6.00 European Tour Weekly 6.30 Total Rugby 7.00 FIFA Futbol Mundial 7.30 Soccer Special 10.00 You're on Sky Sports! 11.30 FIFA Futbol Mundial 12.00 Total Rugby 12.30 Carling Cup Football 2.00 FIFA Futbol Mundial 2.30 Spanish Football 4.30 You're on Sky Sports!

### Sky Sports 2

6.00 Aerobics Oz Style 6.30 Adrenaline 7.00 Aerobics Oz Style 7.30 Adrenaline 8.00 Sports Unlimited 9.00 Fishing 10.00 Poker Million 12.00 World Hockey Monthly 12.30 Heritage Grand Touring Car Challenge 1.00 European Seniors Tour Golf 7.30 Golf 8.30 Challenge Tour Golf 9.00 Golf Club 9.05 Sailing 9.35 Yacht Club 9.40 Polo 10.10 Wednesday Selection 10.15 Olympic Magazine 10.45 Rallying 11.15 euroCRASH! 11.30 World Rally Championship 12.15 WATTS 12.30 Close

### Sky Sports 3

10.00 World Hockey Monthly 10.30 Heritage Grand Touring Car Challenge 11.00 Racing

News 11.30 Aerobics Oz Style 12.00 Sports Unlimited 1.00 NFL: Total Access 2.00 Adrenaline 2.30 Wild Spirits 3.00 Sports Unlimited 4.00 Fishing 5.00 Adrenaline 5.30 Carp Academy 2007 6.00 Irish Greyhound Racing 6.30 European Seniors Tour Golf 7.30 Carp Academy 2007 8.00 Transworld Sport 9.00 European Seniors Tour Golf 10.00 Watersports World 11.00 Transworld Sport 12.00 European Seniors Tour Golf 1.00 Show Jumping 1.30 Carp Academy 2007 2.00 Close

### British Eurosport

7.30 Escape 8.00 Eurogoals 9.00 World Rally Championship 10.00 Trial Bikes 10.30 Trial Bikes 11.00 MotoGP 12.00 MotoGP 1.15 Beach Soccer 5.00 Eurogoals 5.15 Olympic Magazine 5.45 Wednesday Selection 5.50 Riders Club 5.55 Wednesday Selection 6.00 US Tour Golf 7.00 European Tour Golf 7.30 Golf 8.30 Challenge Tour Golf 9.00 Golf Club 9.05 Sailing 9.35 Yacht Club 9.40 Polo 10.10 Wednesday Selection 10.15 Olympic Magazine 10.45 Rallying 11.15 euroCRASH! 11.30 World Rally Championship 12.15 WATTS 12.30 Close

### Sky Sports Xtra

10.00 Live Tennis. The ATP Masters Series ent in Paris. 10.00 European Tour Weekly 10.30 Total Rugby 11.00 Adrenaline 11.30 Carp Academy 2007 12.00 Max Power 1.00 Adrenaline 1.30 Total Rugby 2.00 Irish Greyhound Racing 3.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Car Booty; (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Dirty Rotten Cheater. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: The Cramp Twins. (R) (T) 3.45 The Secret Show. (R) (T) 4.00 Raven: The Secret Temple. (R) (T) 4.30 Hedz. (T) 5.00 Chute. (T) 5.25 Newsround. (T)

5.35 Neighbours. Elle worries the Napiers may be after Oliver's money when Declan accepts the offer of a new car. Stoneshif arrives at Toddie's in the wake of his failed marriage. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 EastEnders. Hour-long episode. Stacey and Bradley's big day arrives, but Sean is determined the wedding will not go ahead until she comes clean about her affair with Max. At the Vic, Ronnie plans to use some of the money Peggy gave her for the bailiffs to take on Jack at poker, while at the church Stacey makes her final decision. (T)

8.30 Waterloo Road. Steph's decision to keep quiet about Ben McNulty being HIV-positive leads to potentially serious consequences for drama teacher Matt when the pupil falls and cuts his head during preparations for the school musical. Meanwhile, Jack has love on his mind and presents Davina with an engagement ring and Donte plans a romantic surprise for Chlo, unaware she has slept with Brett. (T)

9.30 Car Wars. New series. A team of officers supported by police dogs and a helicopter target a gang who are breaking into houses on a wealthy Manchester estate. Meanwhile, two PCs pursue a driver involved in a hit-and-run, while across the city two of their colleagues take drastic measures to end a dangerous high-speed chase. (T)

10.00 BBC News at Ten O'Clock. (T)

10.25 Regional News; Weather. (T)

10.35 Question Time. (T)

11.35 FILM: Cop Land (1997). Downbeat thriller, starring Sylvester Stallone; (T) Holiday Weather.

1.15 Sign Zone: Panorama. (R) (T) 1.45 Sign Zone: Who Do You Think You Are? (R) (T) 2.45 Sign Zone: Nigella Express. (R) (T) 3.15 Sign Zone: Kitchen Criminals. (R) (T) 3.45 BBC News 24. (T)



BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Doodle Do. (R) (T) 6.40 Boogie Beebies. (R) (T) 6.55 Storytime with Roly Mo. (T) 7.00 In the Night Garden. (T) 7.30 Bob the Builder: Project Build It. (T) 7.40 Finley the Fire Engine; (T) Mr Tumble. (T) 8.00 CBBC: Roar. (T) 9.00 Best of Friends. (R) (T) 9.30 Beat the Boss. (R) (T) 9.55 What's New Scooby-Doo? (R) (T) 10.20 Mona the Vampire. (R) (T) 10.30 Arthur. (R) (T) 11.00 Dangermouse. (R) (T) 11.10 The Munsters. (R) (T) (bw) 11.35 The Munsters. (R) (T) (bw) 12.05 Top Cat. (R) (T) 12.30 Working Lunch. (T) 1.00 FILM: Windom's Way (1957). Action drama, starring Peter Finch. (T) 2.45 Escape to the Country. (R) (T) 3.45 Flog It! (R) (T) 4.30 Food Poker. (T) 5.15 Weakest Link. (T) 6.00 Egg-heads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Rick Stein's Mediterranean Escapes. The chef samples Mediterranean food. (R) (T) 8.00 The Truth About Property. Solutions for people without their own property. Last in series. (T) 9.00 The Life and Times of Vivienne Vyle. Vivienne contracts a mystery illness. (T) 9.30 The Peter Serafinowicz Show. Contestants play Dead or Un-Dead. (T) 10.00 The Graham Norton Show. With John Waters and Jackie Collins. (T) 10.30 Newsnight; Weather. (T) 11.20 Heroes. (R) (T) 12.05 FILM: Breaking Up (1996). Drama, starring Russell Crowe. (T) 1.30 BBC News 24. (T) 2.00 BBC Learning Zone. 2.00 Schools: GCSE Bitesize Revision - Global Issues. 4.00 GCSE Bitesize Revision - School History Project. (T)

Pick of the Day

**The Whistleblowers, ITV1, 9pm**

Ben and Alisha investigate a privately run business in the last of the series. Bruck is a large company which commercially incinerates waste - and it claims to do so in an environmentally friendly way. The government, desperate to find green solutions to waste problems, has promised it a huge franchise which will mean opening more than 40 more plants across the UK. That is until Ben and Alisha receive a tip-off taking them to witness the illegal dumping of dangerous waste from the plant. They soon discover this is merely the tip of the iceberg when the plant manager, Lance Rix, alludes that incineration may not be the environmentally sound solution Bruck has promised. Lance, however, doesn't want to go public - he needs the company to look after his family. Can they convince him to change his mind, or will they be able to get information to resolve the situation from others? When matters take an unexpected turn, the duo decide to expose Bruck by staging an emergency at the plant. The plan is successful, but it comes at a high price for Ben and Alisha.

C4

6.00 Cubeez. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Advertising Uncut. (T) 3 Minute Wonder. (R) (T) 10.00 My Crazy Media Life. (R) (T) 3 Minute Wonder. (R) (T) 10.30 21st Century Bard: The Making of Twelfth Night. (R) (T) 3 Minute Wonder. (R) (T) 11.00 Get Me the Producer; (R) (T) Get Me the Producer: Make Up Artist and Get Me the Producer: Commissioning. (R) (T) 12.00 News at Noon. (T) 12.30 Room for Improvement. (R) (T) 1.00 3 Minute Wonder: Behind the Hoodie. (R) (T) 1.05 3 Minute Wonder: 25 Years On. (R) (T) 1.10 FILM: Penny Serenade (1941). Romantic drama, starring Cary Grant. (T) (bw) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Can You Believe Your Eyes? Supernatural creatures known as Red Caps. Last in series. (T) 8.00 Grand Designs. Kevin McCloud returns to Sussex to see how Ben Law's self-sufficient woodsman's cottage has developed using methods dating back to the early medieval period. (R) (T) 9.00 Britz. Conclusion. Nasima witnesses first-hand the relentless targeting of her Muslim neighbours and finds herself on an extraordinary journey. Drama, starring Manjinder Virk. (T) 11.25 Britain's Deadliest Addictions. (T) 12.30 4Music: Ibiza Rocks. 1.00 4Music: Dubplate Drama. (T) 1.35 FILM: Teen Deewarein (2003). Premiere. Drama, starring Naseeruddin Shah. 3.55 Unreported World. (R) (T) 4.20 Last Chance Kids. (R) (T) 5.20 Countdown. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (R) (T) 3.00 Dickinson's Real Deal. 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Hour-long episode. Viv's book launch is less than successful - with only a few people attending the flamboyant affair. Marlon is pleased to hear Donna complaining about Ross over a problem at work and Perdys is upset to find out Gray is involved in the investigation into his mother's disappearance. (T)

8.00 The Bill. Sid Owen guest stars as the limo driver of a fading pop star who is suspected of raping a student found unconscious in an alley by Reg and Tony. Elsewhere, Smithy encounters Leanne Samuels again, only to learn she has lost her job after taking time off work to look after her teenage daughter's baby, and this time he's determined to make Carly see sense before Social Services take the baby away from her. (T)

9.00 The Whistleblowers. Ben and Alisha investigate a privately run waste incinerator plant, where cost-cutting appears to be threatening lives. However, their task is made more difficult by the fact Alisha's father is linked to the company, who will stop at nothing to halt their campaign. Last in series of the drama, starring Richard Coyle and Indira Varma. (T)

10.00 Police, Camera, Action! Alastair Stewart takes a look at the newest technology used by the police, including a camera stun gun used to stop a knife-wielding maniac and Adrian Simpson experiences a new device for roadside fingerprinting. Plus, Baitcars in action with the usual clips of high-speed action from Forces around the UK.

10.30 ITV News; Weather. (T)

11.05 Frost Tonight. (T)

11.35 Q-Cars - Robbery Squad. The unmarked Metropolitan Police teams intervene when two armed men are reported to have broken into a north London flat, and investigate a vicious late-night theft - suspecting the evidence may lie at the bottom of a drain. Just minutes after a robbery takes place, two officers and the victim scour the streets for the perpetrator, a technique that has doubled detection rates. (R)

12.05 Make Your Play; (T) ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Nightvision.

LOCAL

**RTP1**  
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Prova de Amor 1435 A Vizinha do Lado, film 1530 Portugal no Coração 1800 Portugal em Directo 1855 Operação Triunfo 1910 O Preço Certo 2000 News 2100 Grande Entrevista 2145 Sabe Mais do que Um Miúdo de 10 Anos? 2245 A Tempestade 0045 Câmara Cãra 0115 Palavras para Quê...? 0215 A Rapariga Santa, film 0400 Teleales 0605 Nôs

**RTP2**  
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Sim Amor 1600 Zig Zag 1700 National Geographic 1815 Diário de Sofia 1830 A Fé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Todos Contra o Chris 2145 National Geographic 2200 News 2240 My Name is Earl 2330 Animais Como Nós 0030 Noites da 2 0130 Casa 0230 Iniciativa 0415 Sociedade Civil 0545 Euronews

**SIC**  
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1600 Film TBA 1800 Film TBA 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0015 CSI New York 0115 CSI Las Vegas 0245 Sex in the City 0315 Film TBA

**TVI**  
0700 Diário Da Manhã 1000 Vozê na TV 1300 News 1400 Tarde de Julia 1700 Quem Quer Ganhar 1800 Morangos Com Açúcar 2000 News 2115 Ilha dos Amores 2215 Dose Fugitiva 2300 Tv e Eu 0100 Escritório 0200 Cartaz das Artes 0230 Toca a Ganhar 0345 TVI Negócios 0400 Protector IV 0445 Teleales

Best of the Rest

**BBC3**  
7.00 The Most Annoying TV - We Hate to Love 8.00 Spendaholics 8.30 EastEnders Affairs 9.30 Celebrity Scissorhands 10.30 EastEnders 11.30 EastEnders Affairs 12.30 Celebrity Scissorhands 1.25 The Most Annoying TV - We Hate to Love 2.25 Celebrity Scissorhands Uncut 4.40 Close

**BBC4**  
7.00 World News Today 7.00 Weather 7.30 Doctors to Be: Twenty Years On 8.00 Francesco's Italy Top to Toe 9.00 The Genius of Photography 10.00 Jacques Henri Lartigue - The Boy Who Never Grew Up 10.30 The Late Edition 11.00 Party Animals 11.50 Doctors to Be: Twenty Years On 12.20 The Genius of Photography 1.20 The Edwardian Family Album 2.20 The Late Edition 2.50 The Genius of Photography 3.50 Close

**ITV2**  
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.10 Airline 5.40 Judge Judy 7.00 The New Adventures of Superman 8.00 Streetmate 9.00 The Black Donnellys 10.00 Secret Diary of a Call Girl 10.30 Entourage 11.00 The Black Donnellys 12.00 Secret Diary of a Call Girl 12.30 Entourage 1.00 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close

**Sky One**  
1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 Relic Hunter 4.00 Stargate SG-1 5.00

Stargate SG-1 6.00 Futurama 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 Cirque Backstage at the Big Top 9.00 Nothing But the Truth 10.00 Bones - The Story So Far 10.30 Bones 11.30 Bones 12.30 America's Dumbest Criminals 1.00 Star Trek: Voyager 1.50 Star Trek: Voyager 2.40 Star Trek: Voyager 3.30 Star Trek: Voyager 4.20 Dream Team 5.10 Guilty!

**UKTV Gold**  
1.20 Last of the Summer Wine 2.00 Last of the Summer Wine 2.40 My Family 3.20 Open All Hours 4.00 Porridge 4.20 Keeping Up Appearances 5.00 My Family 6.00 Doctor Who 7.00 Open All Hours 7.40 Only Fools and Horses 8.20 The Vicar of Dibley 9.00 The Vicar of Dibley 10.00 The Vicar of Dibley Story 11.25 The Vicar of Dibley's Greatest Moments 1.25 The Vicar of Dibley Story 2.50 Prison Break 3.50 Comedy Connections 4.20 Close Up 4.30 The Afternoon Play 5.35 Neighbours

**TCM**  
1.00 Guns for San Sebastian PG (1968) 3.00 The Treasure of the Sierra Madre PG (1948) 5.15 Our Mother's House PG (1967) 7.10 Skyjacked PG (1972) 9.00 Diner 15 (1982) 11.00 The Best House in London 15 (1968) 12.40 The Last Run 15 (1971) 2.15 Teleshopping 2.30 The Hill PG (1965)

**The Disney Channel**  
Kids' programmes from 7am, except: 6.00 Film: Twitches U (2005) Fantasy adventure, starring Tia and Tamera Mowry.

MOVIES

**Sky Movies Drama**

7.05 Song of Norway U (1970) 9.30 Holy Matrimony PG (1994) 11.05 Washington Square PG (1997) With Jennifer Jason Leigh. 1.05 Columbo Goes to the Guillotine PG (1989) With Peter Falk. 2.40 Educating Rita 15 (1983) With Michael Caine. 4.30 Columbo Goes to the Guillotine PG (1989) With Peter Falk. 6.05 Washington Square PG (1997) With Jennifer Jason Leigh. 8.00 Educating Rita 15 (1983) With Michael Caine. 10.00 North Country 15 (2005) With Charlize Theron. 12.10 Dark Water 15 (2005) With Jennifer Connelly. 2.00 Piccadilly Jim 15 (2004) With Sam Rockwell. 3.40 Power 15 (1986) 5.35 Holy Matrimony PG (1994)

**Sky Movies Action**

6.25 Cotton Comes to Harlem 15 (1970) 8.10 Mayday 12 (2005) 9.50 Pacific Heights 15 (1990) 11.35 The Dogs of War 18 (1990) With Christopher Walken. 1.35 Mayday 12 (2005) With Aidan Quinn. 3.15 Cotton Comes to Harlem 15 (1970) With Godfrey Cambridge. 5.00 The Dogs of War 18 (1980) With Christopher Walken. 7.00 Red Dawn 15 (1984) With Patrick Swayze. 9.00 Kiss Kiss Bang Bang 15 (2005) With Robert Downey Jr. 10.50 Internal Affairs 18 (1990) With Richard Gere. 12.50 Red Dawn 15 (1984) With Patrick Swayze. 2.50 Across 1100 Street 18 (1972) With Anthony Quinn. 4.35 Angel Flight Down PG (1996)

Sky Movies Comedy

6.45 Boys Klub PG (2001) 8.25 The Beautician and the Beast PG (1997) 10.15 The Adventure of Sherlock Holmes' Smarter Brother PG (1975) 11.15 In & Out 12 (1997) With Kevin Kline. 1.25 Boys Klub PG (2001) With Chauncey Leopardi. 3.05 Office Space 15 (1999) With R o n Livingston. 4.50 Sgt Bilko PG (1996) With S t e v e Martin. 6.25 In & Out 12 (1997) With Kevin Kline. 8.00 The

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SPORT

| Sky Sports 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Sky Sports 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 6.00 European Tour Weekly 6.30 You're on Sky Sports! 8.00 Carling Cup Football 9.30 FIFA Futbol Mundial 10.00 Spanish Football 12.00 Live European Tour Golf. The Volvo Masters. 4.00 FIFA Futbol Mundial 4.30 Transworld Sport 5.00 Sports Adventure 6.00 Carling Cup Football 7.00 Premier League World 7.30 Live Premier League Snooker. The eighth meeting of the season at the Guildford Spectrum. 11.00 Carling Cup Football 12.00 Premier League World 12.30 The Rugby Club 1.30 Carling Cup Football 2.30 Premier League World 3.00 Close | 8.30 Irish Greyhound Racing 9.00 European Seniors Tour Golf 10.00 Carp Academy 2007 10.30 European Tour Weekly 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Watersports World 1.00 NFL: Total Access 2.00 Adrenaline 2.30 Carp Academy 2007 3.00 Total Rugby 3.30 Watersports World 4.30 Carp Academy 2007 5.00 Adrenaline 5.30 FIFA Futbol Mundial 6.00 Netball 8.00 The Rugby Club 9.00 WWE: Late Night - Raw 11.00 Extreme Championship Wrestling 12.00 Race World 1.00 Sports Adventure 1.30 Adrenaline 2.00 Poker Week 2.30 Close |
| Sky Sports 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | British Eurosport                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 6.00 Aerobics Oz Style 6.30 Adrenaline 7.00 Aerobics Oz Style 7.30 Adrenaline 8.00 Watersports World 9.00 Adrenaline 9.30 Show Jumping 10.00 Carp Academy 2007 10.30 European Seniors Tour Golf 11.30 European Tour Weekly 12.00 Total Rugby 12.30 Carling Cup Football 2.00 Spanish Football 4.00 Show Jumping 4.30 Total Rugby 5.00 NFL: Total Access 6.00 Adrenaline 6.30 The Rugby Club 7.30 Golf Night 10.00 The Rugby Club 11.00 NFL: Total Access 12.00 Golf Night 2.30 Close                                                              | 7.30 Olympic Magazine 8.00 Timbersports Series 8.30 World Rally Championship 9.00 Touring Cars 11.00 MotoGP 12.00 MotoGP 1.00 MotoGP 2.00 MotoGP 3.00 Timbersports Series 4.00 Strongest Man 5.00 Eurogoals 5.15 Figure Skating 7.15 Boxing 9.00 Supercross 10.00 MotoGP 12.00 Trial Bikes 12.30 Close                                                                                                                                                                                                                                    |
| Sky Sports Xtra                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 10.00 Live Tennis. The ATP Masters Series event in Paris. 10.00 Netball 12.00 Poker Week 12.30 ATP Tennis 1.00 NFL: Total Access 2.00 Close                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Car Booty; (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Dirty Rotten Cheater. (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Jakers! (R) (T) 3.45 The Secret Show. (R) (T) 4.00 Raven: The Secret Temple. (T) 4.30 The Basil Brush Show. (T) 5.00 Trapped. (T) 5.25 Newsround. (T)

5.35 Neighbours. Elle tracks down Oliver's father, concocting a lie to meet him - but he catches her out. Karl's concern about his employer increases and Ned receives a tempting offer from Janae. (R) (T)

6.00 BBC News; Weather. (T)  
6.30 Regional News Programmes; Weather. (T)  
7.00 The ONE Show. (T)  
7.30 A Question of Sport. With cricketer Mark Ramprakash, 2000 Olympic heptathlon gold medalist Denise Lewis, rugby league great Martin Offiah and 1985 snooker world champion Dennis Taylor; (T) Spice Girls: Children in Need. An appeal for donations by the pop group, featuring the video for this year's Children in Need single. (T)

8.00 EastEnders. Ronnie's plans to win money from Jack in a poker game don't appear to go to plan, leaving Peggy anxious about her debt. Sharnam tells her mum she wants to leave the post office. (T)

8.30 The Green Green Grass. New series. A visit to a local country mansion reveals Boyce's admiration for the long-established tradition of respect for the gentry. Elgin moves into Bryan's caravan after being thrown out by his wife, leading to relentless gossiping by Mrs Cakeworthy. When the mobile home burns down Marlene offers the two men a place to stay, much to her husband's chagrin. John Challis and Sue Holderness star. (T)

9.00 Have I Got News for You. Satirical current affairs quiz with regular team captains Ian Hislop and Paul Merton. (T)

9.30 The Armstrong & Miller Show. Divorced Dad and his son bond over a cup of tea and the conversation soon turns to why Granny died, while Dimitri and Tony enjoy an episode of Property Ladder together. (T)

10.00 BBC News at Ten O'Clock. (T)  
10.25 Regional News; Weather. (T)  
10.35 Friday Night with Jonathan Ross. The host talks to celebrity chef Gordon Ramsay about his new TV series and his recently published book. Girls Aloud also drop in for a chat, while Alicia Keys performs her new single. (T)

11.35 FILM: Under Siege 2: Dark Territory (1995). Action adventure, starring Steven Seagal; (T) Weatherview. (T)

1.15 FILM: Halloween II (1981). Horror sequel, starring Jamie Lee Curtis. (T) 2.45 Sign Zone: Top Gear. (R) (T) 3.45 Sign Zone: You Can't Fire Me, I'm Famous. (R) (T) 4.30 BBC News 24. (T)



BBC2

6.00 CBeebies: Balamory. (R) (T) 6.20 Doodle Do. (R) (T) 6.40 Boogie Beebies; (R) (T) Storytime with Roly Mo. (T) 7.00 In the Night Garden. (T) 7.30 Bob the Builder: Project Build It. (T) 7.40 Finley the Fire Engine; (T) Mr Tumble. (T) 8.00 CBBC: Roar. (T) 9.00 Best of Friends. (R) (T) 9.30 Beat the Boss. (R) (T) 9.55 What's New Scooby-Doo? (R) (T) 10.15 Mona the Vampire. (R) (T) 10.30 Prank Patrol. (R) (T) 11.00 Dangermouse. (R) (T) 11.10 The Munsters. (R) (T) (bw) 11.35 The Munsters. (R) (T) (bw) 12.05 Top Cat. (R) (T) 12.30 Working Lunch. (T) 1.30 FILM: Drums Along the Mohawk (1939). John Ford Western, starring Henry Fonda. (T) 3.15 Escape to the Country. (R) (T) 3.45 Flog It! (R) (T) 4.30 Food Poker. (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Britain's Brilliant Ideas Boom. Delving into the entrepreneurial market. (T) 7.30 The History Detectives. The mystery behind a fatal plane crash in World War Two. Last in series. (T) 8.00 A Passion for Plants. A new project on an estate in Bradford. (T) 8.30 Gardeners' World. How to protect plants against the winter chill. (T) 9.00 The Tudors. Anne Boleyn turns Henry down. (T) 10.00 QJ. With Jo Brand, Vic Reeves and Clive Anderson. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Later with Jools Holland. (T) 12.35 FILM: The Rookie (2002). Fact-based drama, starring Dennis Quaid. (T) 2.40 Star Trek: The Next Generation. (R) (T) 3.25 Star Trek: The Next Generation. (R) (T) 4.10 Close.

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Pick of the Day

Britain's Brilliant Ideas Boom, BBC2, 7pm

In an age when reality programmes such as Dragons' Den can inspire the average person to seek their fortune by capitalising on one creative idea, it seems that Britain is fast becoming a nation of inventors, with the number of people submitting patent proposals never higher. Libby Potter examines just how easy it really is to cash in on these inventive urges, meeting budding entrepreneurs hoping to achieve wealth and status and speaking to some already established figures who reveal how they made their own success. The presenter follows hopeful inventors Jonathan Craymer and Stephen Howes as they try to sell their system to improve chip and pin security by allowing cardholders to enter a different password each time they shop. Libby then meets Rowena Mead, who designed a new child's toothbrush after struggling to clean her own daughter's teeth, but after spending her savings on the prototype and legal fees it remains to be seen whether her gambit will pay off. Finally she speaks to industrial designer Sir James Dyson, who built a £1billion business after creating the dual-cyclone bagless vacuum cleaner and learns about his next invention - a hand drier that blows water off wet hands at 400mph.

C4

6.05 Making It. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 Frasier. (R) (T) 9.30 Advertising Uncut; (T) 3 Minute Wonder. (R) (T) 10.00 Get Me the Producer; (R) (T) National Gallery. (R) (T) 11.00 Get Me the Producer; (R) (T) Get Me the Producer. (R) (T) 12.00 News at Noon. (T) 12.30 FILM: The Caine Mutiny (1954). Wartime drama, starring Humphrey Bogart. (T) 2.55 Countdown: 25 Years Ago Today. (R) (T) 3.25 Countdown: 25th Birthday Special. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. Buenaventura on Colombia's Pacific coast. (T) 8.00 A Place in the Sun: Home or Away. A couple split about leaving Britain. (T) 9.00 Ugly Betty. Daniel and Alexis are invited to a family dinner with Wilhelmina. Betty tries internet dating and gets asked to go bowling, while Marc finds himself attracted to someone who isn't his type. (T) 10.00 The Big Fat Anniversary Quiz. Jimmy Carr hosts the entertainment quiz. (T) 12.05 4Music: The Killers: Video Exclusive. 12.10 4Music: Transmission. (T) 1.15 4Music: Fusions: The Chemical Brothers Live in Trafalgar Square. (R) (T) 2.15 4Music: Empire Square. (T) 2.40 4Music: Dubplate Drama. (R) (T) 3.10 4Music: The Killers: Video Exclusive. (R) (T) 3.15 Goalissimo. 4.05 Transworld Sport. (R) 5.00 Triathlon. (R) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 The Beeps. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 Ebb and Flo. (R) (T) 6.45 Funky Town. (T) 6.50 Franny's Feet. (R) (T) 7.00 Little Princess. (R) (T) 7.20 Rupert Bear. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerets. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Elmo's World. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Joey. (R) (T) 1.00 Joey. (R) (T) 1.25 Russell Grant's Postcards. (R) (T) 1.35 FILM: Two Against Time (2002). Drama, starring Mario Thomas. (T) 3.30 five news update. (T) 3.40 FILM: What I Did for Love (2006). Premiere. Comedy, starring Jeremy London. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Zoo Days. (T) 7.00 five news. (T) 7.30 Will Work for Nuts. New series. Stunts and challenges for animals. (T) 8.00 Nick Baker's Weird Creatures. In search of chameleons in Madagascar; (T) 8.00 five news at 9. 9.00 NCIS. Gibbs and his team are called in to investigate the murder of a fellow NCIS agent. Meanwhile, Tony gets the surprise of his life. Mark Harmon and David McCallum star. (R) (T) 10.00 Law & Order. The team are called to investigate the murder of a student and find the finger of blame pointing at a mystery woman who may have been extorting money from the victim's father. (R) (T) 11.00 Most Evil. Mentally disturbed murderers. (T) 12.00 Quiz Call. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

LOCAL

Best of the Rest

RTP1

0630 Bom Dia Portugal 1000  
Praça da Alegria 1300 News  
1410 Prova de Amor 0415 Lingo  
1530 Portugal: No Coração 1800  
Portugal em Direto 1900  
Operação Triunfo 1905 O Preço Certo 2000 Telesele 2100  
Avenida Europa 2130 Contra 2200 Sabe mais do que um Miúdo de 10 Anos? 2300 A Tempestade 0200 It's Alive III: Island of the Alive, film 0345 Só Visto 0045 Telesele 0605 Nôs

RTP2

0700 EuroNews 0715 Zig Zag 1000 Assembleia da República 1300 Zig Zag 1400 Sociedade Civil 1530 Sim Amor 1600 Zig Zag 1715 National Geographic 1815 A Fé dos Homens 1900 A Alma e a Gente 1945 Zig Zag 2045 Todos Conta o Chris 2115 National Geographic 2200 News 2240 Irmãos e Irmãs 2330 Vidas 0030 Noites da 2 0130 Bastiões 0200 Flip 0230 Arte & emoção 0300 Siciidade Civil 0430 Euronews

SIC

0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1800 Pé na Jaca 1900 Ganhar é Que se Gente Se Entende 2000 News 2115 Chiquititas 2215 Paraíso Tropical 2315 Vingança 0015 CSI Las Vegas 0130 Oxigen, film 0330 Polhar da Serpente

TVI

0700 Diário Da Manhã 1000 Você na TV 1300 News 1400 Mundial de Futebol de Praia 1700 Quem Quer Ganhar 1745 Morangos com Açúcar - Férias de Verão 2000 News 2115 Euromilhoes 2130 Ilha dos Amores 2215 Doce Fugitiva 2330 Tu e Eu 0030 Film TBA

BBC3

7.00 The Most Annoying TV - We Hate to Love 8.00 Spenhadorhs 8.30 Celebrity Scissorhands 9.30 The Real Hustle 10.00 EastEnders 10.30 Little Britain 11.00 Celebrity Scissorhands 12.00 Family Guy 12.25 Family Guy 12.45 Two Pints of Lager and a Packet of Crisps 1.15 Two Pints of Lager and a Packet of Crisps 1.45 The Most Annoying TV - We Hate to Love 2.40 The Real Hustle 3.10 Spenhadorhs 3.40 Two Pints of Lager and a Packet of Crisps 4.40 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 European Roots 8.30 Cambridge Folk Festival 2007 9.00 Legends: Louis Prima 11.00 Doctors to Be: Twenty Years On 10.30 QI 11.00 Charlie Brooker's Screenwipe 11.35 Batman 12.00 Batman 12.25 Flight of the Conchords 12.50 The History of the World Backwards 1.20 Legends: Louis Prima 2.20 Charlie Brooker's Screenwipe 2.50 Legends: Louis Prima 3.50 Close

ITV2

1.00 Emmerdale 2.00 The Jeremy Kyle Show 3.05 The Jeremy Kyle Show 4.10 Ricki Lake 4.50 Sally Jessy Raphael 5.30 Airline 6.00 Judge Judy 6.25 The X Factor 8.25 The X Factor - The Results 9.00 Katie & Peter: Unleashed 10.00 Katy Brand's Big Ass Show 10.30 Streetmate 11.30 Coronation Street 12.00 Katie & Peter: Unleashed 1.05 Make Your Play: ITV Play 4.00 Teleshopping 6.00 Close

Sky One

1.00 Stargate SG-1 2.00 Stargate SG-1 3.00 Relic Hunter 4.00 Stargate SG-1 5.00 Stargate SG-

1 6.00 Futurama 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 Are You Smarter Than a Ten Year Old? 9.00 Nothing But the Truth 10.00 Project Runway 11.00 Film: Fear 18 (1996) 12.45 Star Trek: Voyager 1.45 Star Trek: Voyager 2.45 America's Dumbest Criminals 3.10 Star Trek: Voyager 4.05 Star Trek: Voyager 4.55 Dream Team UKTV Gold

1.20 Last of the Summer Wine 2.00 Last of the Summer Wine 2.40 My Family 3.20 Open All Hours 4.00 Porridge 4.40 Keeping Up Appearances 5.20 My Family 6.00 Doctor Who 7.05 The Vicar of Dibley 8.00 Dancing with the Stars 9.20 Dancing with the Stars 10.20 EuroMillions: Boom Bang a Bang 10.30 The Vicar of Dibley's Greatest Moments 12.30 The Catherine Tate Show 1.10 Two Pints of Lager and a Packet of Crisps 1.50 Prison Break 2.45 Comedy Connections 3.15 TV Now and Then 3.45 TV Now and Then 4.15 TV Now and Then 4.45 The Afternoon Play 5.35 Neighbours

TCM

1.00 Knights of the Round Table U (1953) 3.00 Mrs Soffel PG (1984) 5.10 Catlow PG (1971) 7.00 Boys' Night Out PG (1962) 9.00 Taxi Driver 18 (1976) 11.05 Friday the 13th 18 (1980) 12.55 Cool Breeze 15 (1972) 2.35 Teleshopping 2.50 The Fixer 15 (1968)

The Disney Channel

Kids' programmes from 7am, except: 6.00 Film: Twitches Too PG (2007) Premiere. Fantasy adventure, starring Tia and Tamera Mowry. 9.30 Film: Twitches Too PG (2007) Fantasy adventure, starring Tia and Tamera Mowry.

MOVIES

Sky Movies Drama

7.15 Marilyn and Me PG (1991) 8.55 Blessings PG (2003) 10.35 Columbo: Death Hits the Jackpot PG (1991) 12.15 Goall 12 (2005) With Kuno Becker. 2.15 The Da Vinci Code 12 (2006) With Tom Hanks. 4.45 Columbo: Death Hits the Jackpot PG (1991) With Peter Falk. 6.25 Marilyn and Me PG (1991) With Susan Griffiths. 8.00 The Da Vinci Code 12 (2006) With Tom Hanks. 10.30 Goall 12 (2005) With Kuno Becker. 12.30 Jarhead 15 (2005) With Jake Gyllenhaal. 2.35 Elizabeth: The Golden Age Special 2.50 Obsessed 12 (2002) With Jenna Elfman. 4.25 Blessings PG (2003)

Sky Movies Comedy

6.25 Dear God PG (1996) 8.25 Carolina PG (2003) 10.15 The Brady Bunch in the White House 12 (2002) 11.50 Surviving Christmas 12 (2004) With Ben Affleck. 1.25 The Wedding Singer 12 (1998) With Adam Sandler. 3.10 Harold & Kumar Get the Munchies 15 (2005) With John Cho. 4.45

Big Bully PG (1995) With Rick Moranis. 6.25 Surviving Christmas 12 (2004) With Ben Affleck. 8.00 Groundhog Day PG (1993) With Bill Murray. 9.45 The Wedding Singer 12 (1998) With Adam Sandler. 11.25 Harold & Kumar Get the Munchies 15 (2005) With John Cho. 1.00 Groundhog Day PG (1993) With Bill Murray. 2.45 The Brady Bunch in the White House 12 (2002) With Shelley Long. 4.20 Big Bully PG (1995)

Sky Movies Action

6.10 The Fourth Angel 15 (2001) 8.00 The Presidio 15 (1988) 9.50 Revolver 15 (2005) 11.50 Volcano 12 (1997) With Tommy Lee Jones. 1.50 The Fourth Angel 15 (2001) With Jeremy Irons. 3.30 The Presidio 15 (1988) With Sean Connery. 5.10 Diplomatic Siege 15 (1999) With Tom Berenger. 7.00 Revolver 15 (2005) With Jason Statham. 9.00 The Delta Force 18 (1986) With Chuck Norris. 11.15 Volcano 12 (1997) With Tommy Lee Jones. 1.00 Domino 15 (2005) With Keira Knightley. 3.10 Coffy 18 (1973) 4.45 Mastermind PG (1976)

(R) -repeat programme;

(T) -programme with teletext subtitles;

(S) -programme broadcast in stereo;

(bw) -black and white.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (R) (T) 3.00 Dickinson's Real Deal. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

6.00 London Tonight; Weather. (T)  
6.30 ITV Evening News; Weather. (T)  
7.00 Emmerdale Family Album. Cast members past and present, including Tony Audenshaw, Deena Payne, Verity Rushworth and Mark Chumock, recall the highs and lows of life in the Hope household. Among the memorable moments are Bob's comic arrival and Dawn's tragic exit. Plus, a glance at Viv's colourful wardrobe and Kelly's disastrous attraction to unsuitable men. (T)

7.30 Coronation Street. Gossip is rife on the Street about the wedding day fiasco as the Platt's try to come to terms with the dramatic events. Liz is disappointed to learn her birthday bash was organised by Steve, but Vernon saves the day with a romantic surprise. Paul reveals his feelings to Leanne and Kevin despairs of Sally's fascination with John. (T)

8.00 Diet Pill Danger. Tonight. (T)  
8.30 All New Airline. As half a million excited football fans head for the World Cup, six of Luton's check-in staff prepare for their own charity tournament in Germany, only to learn it's been called off because of bad weather. An elderly woman misses her flight to Krakow and a passenger at Bristol is furious to be told he is too drunk to travel. (T)

9.00 FILM: The World Is Not Enough (1999). Pierce Brosnan returns for his third outing as James Bond, this time trying to suppress an international power struggle threatening the world's oil supply. Robert Carlyle co-stars. Continues after the news. (T)

10.30 ITV News; Weather. (T)  
11.05 FILM: The World Is Not Enough (1999). Concluded. (T)

12.05 Make Your Play; (T) ITV News Headlines. 4.10 Under One Roof. (R) (T) 4.30 Under One Roof. (R) (T) 5.00 ITV Nightscreen.



SPORT

**Sky Sports 1**  
6.00 Carling Cup Football 7.00 WWE: Raw 9.00 Premier League World 9.30 Carling Cup Football 10.30 The Rugby Club 11.30 Premier League World 12.00 Live European Tour Golf. The Volvo Masters. 4.00 Premier League World 4.30 Carling Cup Football 5.30 Premier League World 6.00 Big League Weekend 7.00 Premier League Preview 7.30 Live Victory Shield Football. England v Wales (Kick-off 7.45pm). 10.00 Live Friday Night Night. Kevin Anderson v Kevin McIntyre. 12.00 Boxing 2.00 Friday Night Night 4.00 Big League Weekend 5.00 Premier League Preview 5.30 FIFA Futbol Mundial

British Eurosport

7.30 Yoz Magazine 8.00 WATTS 8.30 Beach Soccer 9.30 Beach Soccer 10.30 Eurosport Buzz 11.00 MotoGP 11.30 Live MotoGP. An introduction to the Valencia Grand Prix. 12.00 Live MotoGP. The Valencia Grand Prix 125cc practice session. 12.45 Live MotoGP. The Valencia Grand Prix MotoGP practice session. 2.00 Live MotoGP. The Valencia Grand Prix 250cc practice session. 3.00 Supercross 4.00 Live Beach Soccer. USA v Spain. 5.00 Eurogoals 5.30 MotoGP 7.00 Strongest Man 8.00 Timbersports Series 8.30 Timbersports Series 9.00 Yoz Magazine 9.30 Eurogoals 10.00 Live Trampoline. The World Championship from Quebec. 12.30 Close

Sky Sports Xtra

12.30 ATP Tennis 1.00 Live Tennis. The ATP Masters Series quarter-finals in Paris. 9.00 British Ice Hockey 11.00 Adrenaline 11.30 World Sport 12.00 Tight Lines 1.00 Sportnation 2.00 British Ice Hockey 4.00 Sportnation 5.00 Adrenaline 5.30 World Sport

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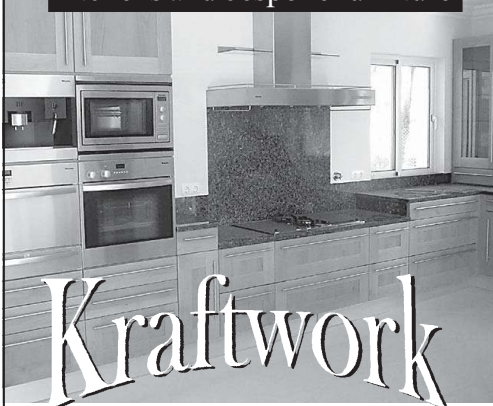
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**CALDAIS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH.** At 6.00pm on the first Sunday of each month. Held in the Evangelical Baptist Church, Rua Dr. José Soudade e Silva 27/29 (between Caldaís da Rainha Railway Station and "Pingo Doce". All welcome.

## Dress Codes

My five-year-old granddaughter, Elaina, loves to wear pajamas. She loves to receive them as gifts. In fact, if allowed, she would spend the entire in pajamas. Pajamas are comfortable and cozy and I can't really say that I blame Elaina. I am always ready to get comfortable in the evening when I know I am at home to stay and that no one will be stopping by.

Elaina started kindergarten this year and her days of lounging around in pajamas have ended. Each morning she must wake up early, dress hurriedly and eat a quick breakfast before heading to school. The other day I spoke with her on the phone and asked her if her teacher allowed her to wear pajamas to school. Elaina just giggled. Wouldn't that be fun! Unfortunately for Elaina, modern society has rules and codes that dictate how we dress for school, work and other locations. Just as none of us would probably consider attending church in a bathing suit or wearing a tuxedo to the beach, pajamas are not appropriate dress for school.

It is a common practice in the United States to post signs on the doors at restaurants and stores saying, "No shirt, no shoes... no service." More and more workplaces today publish dress codes for their employees that discourage dressing sloppily or wearing clothing with offensive images or words. Studies have shown that the way people dress can actually

have a negative impact on employee performance. In the same way, schools are recognizing that the way a student dresses can distract others and have a negative impact.

We can often identify the type of work a person does by the way they are dressed. Consider the apparel of doctors, street cleaners and day care workers in Portugal, police officers, military personnel and even prisoners. Each of these is identified by what they wear. It may surprise you to realize that God's Word also has a lot to say about the way that His children dress. In various New Testament passages we are encouraged to be clothed with humility (1 Peter 5:5), put on the armor of light (Romans 3:12), put on the Lord Jesus Christ (Romans 13:14) and to put on Christ's protective armor (Ephesians 6:11).

When others look at us, what do they see? What are we "wearing" that shows the world around us to whom we belong?

"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience" Colossians 3:12.

More information about how to have a relationship with God can be found at [www.rbc.org/personal\\_relationship](http://www.rbc.org/personal_relationship) with god page or email joycevoelker@hotmail.com



## Announcements

DOCKET NUMBER: CP 07N0072

CARE AND PROTECTION TERMINATION OF PARENTAL RIGHTS

SUMMONS BY PUBLICATION

**COMMONWEALTH OF MASSACHUSETTS**  
Juvenile Court Department  
New Bedford Division  
75 No. Sixth Street  
New Bedford, Massachusetts 02740

TO: Marco Dias

Or any unknown, unnamed  
Person claiming to be the  
Father of Amari Dias

A petition has been presented to this court by THE DEPARTMENT OF SOCIAL SERVICES, seeking, as to the subject child, Amari Dias, that said child be found in need of care and protection and committed to the Department of Social Services. The court may dispense the rights of the person named herein to receive notice of or to consent to any legal proceeding affecting the adoption, custody, or guardianship or any other disposition of the child named herein, if it finds that the child is in need of care and protection and that the best interests of the child would be served by said disposition.

You are hereby ORDERED to appear in this court, at the court address set forth above, on 11/29/07, at 9:00 a.m., for a PRE-TRIAL CONFERENCE.

You may bring an attorney with you. If you have a right to an attorney and if the court determines that you are indigent, the court will appoint an attorney to represent you.

If you fail to appear, the court may proceed with a trial on the merits of the petition and an adjudication of this matter.

For further information call the Office of the Clerk-Magistrate at 508-999-9700.

WITNESS:  
Bettina Borders  
FIRST JUSTICE  
Clerk Magistrate  
Ronald C. Arruda  
Date Issued: 10/01/07

**LIONS CLUBE** de Loulé would like good used clothes, bric-a-brac, shoes, linen, books for their charity sales. We can collect. Phone 289 845 581 or 289 416 659.

**ALGARVIDA ART GALLERY**, Carvoeiro. Painting exhibition with Clare Ormsby -winner of the JJ Fox International Art Prize 2006- until 30th November. Also unique 3D object art, ceramics and designer greeting cards. Celebrity photography and art prints. Outgoing road, open Mo - Sat 10 am - 6 pm, Tel: 282 356 577.

## Bureaucracy

**TRANSLATIONS PERSONAL** / Legal. Many years experience, Tel/Fax: 282 484 776 Mobile 919 194 319 English / Portuguese / English.

**ALMANCIL SERVIÇOS** Agência de Documentação e Serviços. For all your bureaucratic needs. Almamcil, Algarve. Tel 289 393 412 Fax 289 395 938. email almamcil.services@mail.telepac.pt

DOCKET NUMBER: CP 07N0072  
CARE AND PROTECTION TERMINATION OF PARENTAL RIGHTS  
SUMMONS BY PUBLICATION

**COMMONWEALTH OF MASSACHUSETTS**  
Juvenile Court Department  
New Bedford Division  
75 No. Sixth Street  
New Bedford, Massachusetts 02740

TO: Marco Dias

Or any unknown, unnamed  
Person claiming to be the  
Father of Allyana Dias

A petition has been presented to this court by THE DEPARTMENT OF SOCIAL SERVICES, seeking, as to the subject child, Allyana Dias, that said child be found in need of care and protection and committed to the Department of Social Services. The court may dispense the rights of the person named herein to receive notice of or to consent to any legal proceeding affecting the adoption, custody, or guardianship or any other disposition of the child named herein, if it finds that the child is in need of care and protection and that the best interests of the child would be served by said disposition.

You are hereby ORDERED to appear in this court, at the court address set forth above, on 11/29/07, at 9:00 a.m., for a PRE-TRIAL CONFERENCE.

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WITNESS:  
Bettina Borders  
FIRST JUSTICE  
Clerk Magistrate  
Ronald C. Arruda  
Date Issued: 10/01/07

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**LAGOS ANIMAL** Protection Society has a charity sale at Burgau Sports Club every

2nd Sat. of the month. All proceeds go towards helping Algarve animals. For further details please phone Tel.: 282 687 334 or mobile 966 047 994 after 6pm.

**THE ANIMAL** charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

**CAR BOOT** Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

**ABA CHARITY** shop, Av. do Tenis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

**WANTED: THE** donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

**DONKEYS, DOGS** and kittens! Please call the Donkey Sanctuary if you can help home an animal in need. Mobile 965 019 796.

## Education

**PORTUGUESE FOR** Foreigners. Individual and group lessons by university teacher with International experience. Mobile 969 294 504.

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**GUITAR TUITION** 914 552 190

**CONVERSATION-BASED** Portuguese group courses starting soon: Beginners: 29 October. Pre-intermediate: 24 October. Individual lessons: all levels. Centro de Línguas de Lagos. Tel: 282 761 070.

**PORTUGUESE COURSES** for foreigners - English, German, Spanish, French. Contact Cial on 289 807 611 or algarve@cial.pt

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email: tom.bund@iol.pt  
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**DO YOU** love theatre? Enjoy socialising with fellow thespians? Come and join the Algarveans experimental theatre. We are always looking for new members to help on and off stage. Young or old, fat or slim, creative or just fun. Phone membership secretary Jackie on 282 687 410 or email jackiemajor@sapo.pt

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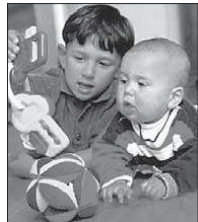


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7.30pm; Tavira 7.30pm. Fri.:  
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# Kate breaks down as police prepare UK visit

The mother of missing toddler Madeleine McCann this week gave her most emotional interview to date when she broke down in tears during an interview with a Spanish television broadcaster.



Kate McCann breaks down in tears in a Spanish TV interview as she appeals for help to find her daughter. (Photo: EPA/Antena 3)

Mrs McCann's tearful comments to Antenna 3 television followed an interview by the national director of the Policía Judiciária to Madrid newspaper El País, that a team of Portuguese investigators are to travel to Britain to initiate further questioning of friends, who were on holiday with Kate and Gerry and McCann in Portugal in May.

The Spanish connection with this case was further strengthened this week with news that Madeleine's parents had employed a Spanish detective agency to operate a 24-hour confidential telephone line aimed at obtaining information on their daughter.

It was also reported that the services of this detective agency had been on the Find Madeleine payroll for some time now.

Separately, an interview aired on Spanish television on Wednesday evening had to be interrupted momentarily when Mrs McCann broke down in tears.

"I feel sad and I feel lonely, and our life is not as happy without Madeleine. I feel anxious that she is not with us", said Kate McCann before being overwhelmed by emotion not seen in public since Madeleine went missing almost six months ago.

While the McCanns remain official suspects in their daughter's disappearance, they have strenuously denied any involvement and this week denied they had ever given their children sedatives.

A day before the interview on Spanish television, Gerry McCann writing on his blog for the first time in six days said: "We welcome the announcement from Mr Ribeiro, the National director of the Judicial Police in Portugal, that our friends who were on holiday with us in Portugal are to be interviewed. We do not know how many other 'witnesses' will be interviewed but obviously we want to be eliminated from the inquiry as soon as possible. We constantly hope that one of the other lines of investigation leads to Madeleine being found safe and well".



Steve Webster of England celebrates his victory in the Golf Portugal Masters, held in Vilamoura, last weekend. (Photo: Lusa / Luis Forra)

## Webster victorious in Vilamoura



English golfer Steve Webster is more than half a million euros richer this week after winning the Portugal Masters with a flawless closing round of 64 at Vilamoura's Victoria Club.

Overnight, the 32-year old had been trailing Argentina's Daniel Vancsik at the start of the final day's play, but a nine-foot eagle on the 12<sup>th</sup> followed by a birdie on the par-3 13<sup>th</sup> set Webster on course for a memorable victory.

Previously, the Englishman had only lifted a trophy once before on the European Tour when he won the Italian Open two

years ago.

Webster's total of 25 under is the lowest of the season and was followed by Sweden's Robert Karlson.

Following the event, Portuguese authorities, in looking to build the Algarve's image as a quality golf destination even further, announced that the 2008 Portugal Masters will see its prize money increase

from three to four million euros and will be taking place between October 16 and 19 next year.

Last year, 1.4 million full rounds of golf were played on Portuguese courses, resulting in the booking of 1.1 million nights at hotels, most of which were taken up by the 300,000 golfing tourists who visited Portugal in 2006.

### SUPERLEAGUE FIXTURES DAY 8

| MATCH                | DATE     | TIME  | TV      |
|----------------------|----------|-------|---------|
| Guimarães-Leiria     | Friday   | 20h30 | SportTV |
| Belenenses-Académica | Saturday | 17h15 | SportTV |
| Setúbal-P. Ferreira  | Saturday | 18h00 |         |
| Nacional-Sporting    | Saturday | 19h45 | TVI     |
| Amadora-Boavista     | Sunday   | 16h00 |         |
| Benfica-Marítimo     | Sunday   | 19h45 | SportTV |
| Naval-Braga          | Monday   | 19h30 |         |
| FC Porto-Leixões     | Monday   | 19h45 | SportTV |

## IMPORTANT NOTICE

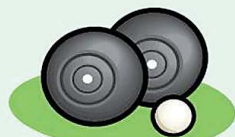
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